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IN WHICH DANIMAL'S FISH-LIPPED, VODKA-SWILLING WIFE MAKES HER DEBUT **PAGE 19**



## Ford Jonesin' for J.C., critics hold their hallelujahs

T.O. mayor says he's had a 'come to Jesus moment,' vows to turn life around **PAGE 10**

# Alberta health officials brace for influenza season

**Illness spike.** Lab-confirmed cases tripled in Calgary last year



JEREMY NOLAÏS

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New numbers show influenza cases jumped by more than 30 per cent in Alberta last season and health officials are now keeping a careful watch for outbreaks and urging residents to roll up their sleeves.

"Influenza is a big deal," said Dr. Martin Lavoie, the senior provincial medical officer of health. "We always have people hospitalized, we always have deaths due to influenza. It's a potentially severe respiratory infection."

A recent Alberta Health Services report gives a broad

picture of the rush of influenza outbreaks during the 2012-13 season, which was tracked from Sept. 30 last year to July 20 this year.

Overall, cases diagnosed by general practitioners and emergency departments shot up 34 per cent, but actual lab-confirmed cases doubled when compared to the previous season and were up 3.5 times from the 2010-11 season.

The Calgary zone, in particular, saw lab cases roughly triple year-over-year to 766.

Despite ERs that swelled to 100 per cent capacity, AHS still classified the last influenza season as "moderately severe" because it paled in comparison to illness rates seen during pandemic seasons, like 2009-10.

Now, Lavoie said officials are stuck in a bit of a holding pattern, awaiting an influx of outbreaks that generally

begins in mid-December.

But, he added, now is the optimal time for people to visit a clinic for a free flu shot.

"Overall, it's about a quarter of the population that gets immunized.... We're trying to actually promote this more and more, so we see those rates increasing and we have made a bit of progress," he said, adding people who do fall sick should stay away from work and cough into their sleeves.

Calgary resident Jennifer Pollock got her flu shot this week, something she's been doing routinely since the mid-1990s.

"I have only got sick from it the very first time ... when I almost fainted," she said. "It was quite serious."

Locations of Calgary flu-shot clinics can be found at [albertahealthservices.ca/influenza.asp](http://albertahealthservices.ca/influenza.asp).



About one-quarter of Albertans are expected to get their flu shots this year, but officials are urging more to follow suit in a bid to protect themselves from influenza. Cases of the potentially dangerous illness spiked sharply in Alberta last flu season. THE ASSOCIATED PRESS FILE



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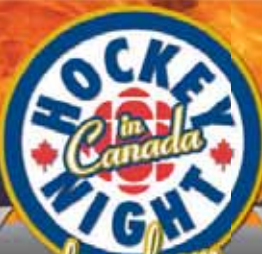
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Trimming the tax hike

## Councillors eye transit spending ahead of budget

As city council prepares for up to five days of budget deliberations next week, some councillors aiming to slim down the projected tax hike say they'll be keeping a close eye on transit spending.

Coun. Andre Chabot said he may push for "reducing some of the proposed increases" on transit, as he figures finding efficiencies within the existing system would be better than putting more money into it.

"We heard in a recent report when we did an audit ... that a lot of the increases in the budget were actually going to pay for overtime to cover shifts for people that were missing because of sick days," Chabot said. "When we increase ... the number of man hours within a given business unit, we also need to make sure that the level of service is also increasing."

Coun. Ward Sutherland held a similar view.

"I totally agree with Andre," he said Tuesday. "I'm looking at cost-effectiveness and any anomalies that stick out in each department. They need to be identified and reviewed."

Coun. Richard Pootmans, however, said transit would be one of the few areas in which he would consider increasing spending in the 2014 budget.

"We also have a large demand for improved services in transit and transportation," he said. "I'll be looking at perhaps a modest increase in transportation and transit, but otherwise really trying to hold the line."

ROBSON FLETCHER/METRO



Mayor Naheed Nenshi discusses the results of the 2013 Citizen Satisfaction Survey on Tuesday. ROBSON FLETCHER/METRO

# 88% of us loving life in Calgary, survey says

**Does that include you?**  
Ward 10 councillor skeptical of survey that cost city \$35,000



ROBSON FLETCHER

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Calgarians remain highly satisfied with life in the city, according to the latest annual survey the city commissioned to gauge the public mood.

"The citizen-satisfaction index has never been higher," Mayor Naheed Nenshi said Tuesday. "This is no surprise

to anyone who actually lives here."

Jamie Duncan of Ipsos Reid, the polling firm that conducted the survey, described the results as "one of the strongest sets of citizen indicators over the last eight years."

Overall, he said 88 per cent of survey respondents rated their quality of life in Calgary as good or very good, up from 78 per cent in 2010.

The top concern on the minds of Calgarians remains traffic, infrastructure and roads, with 36 per cent saying it's an important issue and 27 per cent saying it's the most important issue, which is similar to last year's survey results.

Taxes, meanwhile, were cited by six per cent of respondents as an issue, and three per cent said it was a top issue, up slightly from last year.

Coun. Andre Chabot, however, said that doesn't square with what he's heard from residents in Ward 10 and suggested the city broaden the sample size of the survey to provide more precise data.

"I think that if you look at different communities, you'll find that you get different results," Chabot said. "I can tell you that in my community, taxation — tax increases — is a huge issue."

Duncan said 1,000 Calgar-

More survey results

- 92% said they feel proud to be Calgarian.
- 90% feel Calgary is on the right track to becoming a better city in 10 years.
- 99% were satisfied with the city's emergency response to the June flood.

ians were surveyed between Aug. 21 and Sept. 11, giving the results a margin of error of plus or minus 3.1 percentage points, 19 times out of 20.

1 NEWS



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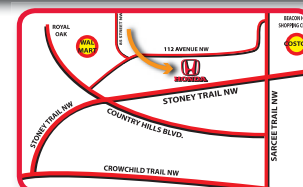
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# Alta. alpine veterans in running for National Geographic honour

**Adventurers of the Year.** Calgary-Canmore duo first to conquer Pakistani summit



**JEREMY NOLAIS**

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In July, Calgary's Raphael Slawinski and friend Ian Welsted stood where no man had before — a feat that caught the attention of National Geographic.

The pair of alpinists, who have been climbing together for a decade after meeting in an online forum, trekked four days up the challenging northwest face of K6 West, a 7,040-metre monstrosity of a mountain in Pakistan's Charakusa Valley. When they reached the top, their eyes were greeted with a seemingly never-ending range of beautiful peaks.

"The mountains there are the most incredible mountains I've ever seen," said Slawinski, who teaches astronomy and physics at Calgary's Mount Royal University. "If you asked a kid to draw a mountain, they would draw one exactly like those in Pakistan — they are these jagged, pointy things. It's an incredible mountain range."

But the journey was difficult and didn't come without its share of challenges. Just



Calgary's Raphael Slawinski, seen in this file photo, and Ian Welsted reached the summit of Pakistan's K6 West in the summer, the first climbers to do so.  
COURTESY RAPHAEL SLAWINSKI

days after Slawinski and Welsted landed in the Pakistani capital of Islamabad, a group of militants rounded up 10 foreign climbers from a base camp a little more than 100 kilometres north of K6 and executed them in retaliation for drone strikes in the country. The fear of more violence and worries from family members at home were enough to convince a third climber, who

had planned to summit K6 with Slawinski and Welsted, to turn back.

"We did find ourselves rethinking about whether we should be there," Slawinski said.

But the decision was ultimately made to press on, and about a month later the duo completed a climb that had proven too daunting for others.

"There's a feeling of overcoming a lot of different elements to get to that point in the trip," said Welsted, who lives in Canmore.

But while the pair's feat generated some of what Slawinski described as "niche" media interest, they never expected to catch the eye of such an esteemed publication as National Geographic. Then the phone rang a month ago,

informing them they'd been nominated for the Adventurers of the Year contest.

While they welcomed the honour to be included in an elite group of just 13 nominees, both said they don't climb for the accolades.

"On the one hand, it would mean a great deal," Slawinski said. "On the other hand, it wouldn't change the adventure we had. We go on these

trips — and it sounds kind of cliché — without any expectation or hope of any kind of acclaim. We do it because we love the process, we love climbing and the act of climbing and having the adventure in these mountains."

Voting for National Geographic's Adventurers of the Year runs online until the end of January at [adventure.nationalgeographic.com](http://adventure.nationalgeographic.com).

## Other extremists

Other elite adventurers up against Albertans Raphael Slawinski and Ian Welsted

- **Diana Nyad.** A 64-year-old woman who completed the first swim between the U.S. and Cuba without a shark cage in August.
- **Amy and Dave Freeman.** A couple who paddled, dogsledded and hiked nearly 19,000 kilometres across North America while more than 85,000 school kids watched from their classrooms and helped plot the journey
- **Sarah Marquis.** An extreme walker who trudged from Siberia to southern Australia over a period of three years.

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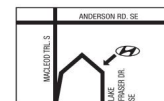
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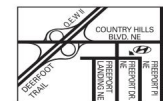
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# Freeman-on-the-Land to get mental review

**No outbursts.** Latest court date quiet, but previous appearances marked by odd claims

The Montreal man evicted from a Calgary duplex after trying to declare it a sovereign embassy will be evaluated to determine whether

he can be held responsible for alleged crimes in Quebec.

Mario Antonacci — who went by the alias Andreas Pirelli in Calgary — appeared Tuesday in a Montreal court.

Judge Jean-Paul Braun granted a request by Antonacci's lawyer to have him evaluated for criminal responsibility in crimes dating back nearly six years.

Calgary resident Rebekah

Caverhill said she rented her beige-brick, bungalow-style duplex to a man named Andreas Pirelli in November 2011. He promised to fix up the home but not long after, the accused identified himself as a follower of the Freeman-on-the-Land movement.

It was discovered that Pirelli was actually Antonacci and had skipped out on two court cases against him

in Quebec, including the alleged assault of his landlady in Montreal in 2007. He's also facing charges in a separate file of break-and-enter and mischief.

He was arrested in September by Calgary police on the outstanding bench warrants from Quebec.

Antonacci's case will return to court on Dec. 13.

THE CANADIAN PRESS



Calgary police arrested Andreas Pirelli, also known as Mario Antonacci, in September on a Canada-wide warrant. DAN DUPLISSIS/FOR METRO FILE

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## Calgary Transit. Parking lots get brighter lights to improve feeling of safety

Calgary Transit lots are being equipped with lights that shine brighter at night, a move that officials feel will provide riders with a better sense of security.

Overall, vehicle damage and theft in Calgary Transit-owned parking areas has plummeted by 85 to 90 per cent in recent years — at the end of September, there had been just 67 incidents reported in 2013.

But Brian Whitelaw, the organization's safety and enforcement co-ordinator, said there is value in simply mak-

ing the setting more friendly.

"The more that you can counter perceptions of insecurity, the better you're able to attract people, particularly in the evening hours, to transit," he said.

The ongoing light swap will see older high-pressure sodium models replaced with more efficient LED ones.

To date, nine lots have brightened and crews are working on a 10th, according to information provided by the infrastructure services department.

JEREMY NOLAIS/METRO



The difference can be seen in these before-and-after pictures at a city LRT lot that had its lights swapped. COURTESY CITY OF CALGARY

### Drugs seized

#### Calgary man, brother charged in bookmaking

The Alberta Law Enforcement Response Teams have laid 17 charges against a Calgary man and his brother over allegations they ran a longtime illegal-gambling operation.

It's alleged that 45-year-old Calgary resident Rodney Scott Garinger and brother Kevin Todd Garinger, 43, of Lethbridge, turned hundreds of thousands of dollars in profit — that includes \$65,000 in a recent 40-day period through hockey and football bets.

Investigators also have seized a large quantity of marijuana worth \$45,000.

METRO

### Southeast home

#### Firefighters save five of seven pets from house fire

Firefighters pulled seven pets from a burning southeast home Tuesday morning, but two of the animals — one cat and one dog — didn't survive.

The fire broke out just before 10:30 a.m. in the 2200 block of 39th Street S.E., according to the Calgary Fire Department, which said a woman managed to safely flee the home and call 911.

Firefighters contained the blaze to one of the bedrooms and pulled three dogs and four cats from inside. Despite resuscitation attempts, two of the animals died.

METRO



REUTERS/Erk De Castro

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# Premier feels flushed over toilet humour

**The puck stops here.** Redford government irritated by 'childish' publicity stunt featuring signs placed in legislature washrooms

Alberta's Wildrose party has once again managed to

irritate Premier Alison Redford's government with another tongue-in-cheek publicity stunt.

Wildrose members have been walking around the legislature putting up signs mocking Redford's Building Alberta signs, which the Wildrose calls vanity advertising for Redford's party purchased at taxpayer expense.

Signs in the legislature

washrooms remind users that Redford is also Building Alberta by replacing urinal pucks and buying toilet paper.

Others remind staff that putting up Christmas lights, replacing light bulbs, moving dirt, shovelling snow and even just the act of putting up "Building Alberta" signs are also building Alberta.

Redford's spokesman

Stefan Baranski took to Twitter to call the signs "childish."

In the past, the Wildrose party has drawn attention to Redford's absences in the legislature by putting up Wanted posters, and has mocked a provincial alternative measures sentencing program by handing out get-out-of-jail-free coupons.

THE CANADIAN PRESS



Wildrose MLA for Calgary-Shaw Jeff Wilson tweeted this photo of one of the signs his party posted around the Alberta Legislature Tuesday. CONTRIBUTED

## Holiday Rejects. Are you cold, but looking too good? Try on an ugly sweater!

Coloured lights, pompoms and sequins can be found all in one place this year: On an ugly Christmas sweater.

With a kiosk at Northland Mall, Holiday Rejects Apparel has what they consider the tackiest sweaters in Alberta.

"Some people like outrageous, and there's some people who like a little more wintry, but for the most part I have been noticing a lot of people like the big knits," said co-owner Adil Hooda, adding that one of the ugliest sweaters in stock is a red knit with furry green circles made to look like a Christmas tree.

What began as an online store last year grew to become retail stores in Edmonton and Calgary this season, after Holiday Rejects Apparel realized people wanted to try on the tacky sweaters.

It's a holiday trend quickly picking up speed, with many people already purchasing the



Adil Hooda, co-owner of Holiday Rejects Apparel, and Jack Hsu, assistant manager, pose with some ugly holiday sweaters. STEPHANIE DUBOIS/METRO

sweaters for holiday parties or for family photos, said Hooda.

"It's always a fun time selling people an ugly Christmas sweater," said Hooda.

The holiday trend is so popular the group will be featured in the Dec. 11 edition of CBC's TV show Dragons' Den with their colourful holiday clothing.

The stores are open until Dec. 31, and people can also purchase an ugly sweater at holidayrejects.ca.

STEPHANIE DUBOIS/METRO IN EDMONTON

## School boards. Engaging public 'very important', says new association head

Communicating with the public will be a top priority for Alberta school boards in the months and years ahead, says the new president of a representing association.

Helen Clease, currently entering her seventh year as a trustee with the Rocky View Schools, was elected president of the Alberta School Boards Association Tuesday. She said while the term of outgoing president Jacquie Hansen largely centred around labour negotiations, it's now time to focus on impending changes to the Education Act and improving relationships with the general public.

"That's where people start

to see the value in what we do ... they have questions about education, we can have conversations anywhere," she said. "People can get ahold of us and sometimes in the grocery stores we have the best conversations about education."

Calgary Board of Education trustees in particular have come under fire in recent weeks for signing an agreement pledging to not speak with the media. Three members of that board have since pulled their names from the agreement.

Clease declined to wade into that situation, but said talking with reporters is a "very important part" of the job.

JEREMY NOLAIS/METRO

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# The deadline to start your application for Disaster Recovery Funding is November 30.

**If your home, farm or business was flood damaged, you should apply now for flood recovery funding.**

Even though you may have registered with the Alberta Government and provided important contact information, a full application for disaster relief funding must be started by November 30 in order to qualify for assistance.

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# Ford, Jesus and Kenney

**Toronto, Ottawa.** Mayor says he's thrown out the booze, top Tory says he's shamed the city

Toronto's disgraced mayor, Rob Ford, says he's had a "Jesus moment."

He says he's turning his life around, staying off alcohol and trying to lose weight.

## Sun News pulls plug

### Ford TV show fades to black

Sun News has cancelled Mayor Rob Ford's TV talk show, Ford Nation, after its debut Monday evening.

Kory Teneycke, the network's vice-president, confirmed in an email to Torstar News Service that the show is over.

TORSTAR NEWS SERVICE

He told CBC's Peter Mansbridge he has had a "come to Jesus moment" brought on by all the "belittling."

It was just another eyebrow-raising episode in the Ford scandal, filled with stories about drugs and alcohol.

Another jolt came in Ottawa from top Tory Jason Kenney. He became the first federal cabinet minister to call on Ford to resign.

"I will say as an elected official that I think Mr. Ford has brought dishonour to public office and the office of mayor and his city," Kenney said as he left the Commons. Kenney added: "I personally think he should step aside."

Justin Trudeau also joined the fray. "I will take no lessons in accountability from a man whose fishing buddy is Rob Ford," Trudeau said in response to Stephen Harper's attempts to deflect his queries on the Senate scandal.

Councillors have slashed Ford's budget and handed many of his duties and staff to the deputy mayor.

THE CANADIAN PRESS



Back on the job (what's left of it): Rob Ford arrives at Toronto city hall Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

## They were sedated

### Guilty of molesting 21 women

An anesthesiologist accused of molesting 21 female patients during surgery was found guilty on all counts Tuesday.

Dr. George Doodnaught — called a "sexual opportunist" by the Crown — had pleaded not guilty to sexually assaulting the women.

Some victims were in the Toronto courtroom as the verdict was read, and some people could be heard sighing with relief or whispering "Yes."

The assaults reported by the 21 women generally involved a combination of Doodnaught kissing them, fondling their breasts and putting his penis in their mouth or hand while they were under conscious sedation.

Judge David McCombs found Doodnaught's guilt on all the counts "overwhelming."

THE CANADIAN PRESS

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# Murder-suicide bid? U.S. senator stabbed, son shot

## Personal tragedy.

State troopers and first responders fail to save 24-year-old in drama at Virginia home

The son of a state senator in the U.S. stabbed his father in the head and chest Tuesday before apparently killing himself with a gun, according to initial reports from police.

Authorities were still piecing together a motive and the circumstances that led to the stabbing of Virginia state Sen. Creigh Deeds.

"We're leaning towards it being an attempted murder-suicide," Virginia police said.

Deeds' 24-year-old son, Gus, died at the home of a



Sen. Creigh Deeds was in fair condition in hospital after a stabbing. A gunshot wound killed his son. WIN MCNAMEE/GETTY IMAGES

gunshot wound.

Police said Creigh Deeds and his son were the only people at the home, and police were not looking for a suspect.

After the stabbing, Deeds was able to walk away from his rural home to a nearby road and a cousin who was driving by happened to notice the senator, police said.

Inside the senator's home, authorities found Gus Deeds with a gunshot wound.

Despite efforts by state troopers and first responders, he died there.

Gus Deeds was one of the senator's four adult children. He was studying music at the College of William and Mary, where he had been enrolled off and on since 2007, but withdrew last month, school spokesperson Brian Whitson said.

The college said he had a strong academic record. It did not say why he left.

THE ASSOCIATED PRESS



## Gay son wed, dad pays price

Rev. Frank Schaefer walks Tuesday with wife Bridgett in Spring City, Pa., where a jury of his United Methodist peers convicted him of breaking his vows by officiating at his gay son's wedding. He could lose his minister's credentials. CHRIS KNIGHT/THE ASSOCIATED PRESS

## Montreal election

### Councillor wins seat by one vote

Don't ever let anyone tell you your vote doesn't count.

Just ask newly elected Montreal councillor Lorraine Page — who won her seat by a single vote.

A Quebec election spokesperson says a judicial recount confirmed that Page captured her north-end district on Nov. 3 by one ballot.

THE CANADIAN PRESS

## Police in Mexico

### Silence please, you're arrested

Members of a police force in Oaxaca, Mexico, can't hear or speak. They operate the city's surveillance cameras to look for street crimes.

Cynthia Zepeda, director of Oaxaca state's emergency services, said the officers have a highly developed visual sense.

THE ASSOCIATED PRESS

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## Russian probe

## Plane crash that killed 50 due to faulty flying

The pilots of a Boeing 737 that plunged into the ground at Kazan airport lost speed in a steep climb then overcompensated and sent the plane into a near-vertical dive, according to a preliminary report released Tuesday by Russian aviation

experts. All 50 people aboard were killed.

The Moscow-based Interstate Aviation Committee, which oversees civil flights in much of the former Soviet Union, said the plane's engines and other systems were working fine until the moment the plane crashed Sunday night.

The plane struck the ground going about 450 kilometres per hour, the report said.

THE ASSOCIATED PRESS

## Ottawa

## College takes heat for men-only campus in Saudi Arabia

Some faculty at Ottawa's Algonquin College are upset the college opened an overseas campus exclusively for men in Jazan, Saudi Arabia.

They're claiming Algonquin is putting revenues ahead of human rights.

Algonquin is one of 10

community colleges and technical schools from Canada, the U.S. and Europe invited to open schools in Saudi Arabia. And there's more to come.

With a student body of 850 in its first year of operations and enrollment expected to rise to 2,500 by year three, Algonquin College's Jazan campus revenue is predicted to exceed 100 million riyal, or \$25 million, over the next five years.

DENIS ARMSTRONG  
FOR METRO IN OTTAWA

# Suicide bomb attack kills 23 in Beirut



Lebanese people gather at the scene where two explosions struck near the Iranian Embassy killing many, in Beirut on Tuesday.

BILAL HUSSEIN/THE ASSOCIATED PRESS

**Sectarianism.** Tensions between Lebanese Sunnis, who largely back Syrian rebellion, and Shiites, who tend to support Assad, flare up in bloodshed

The mid-morning blasts hit the upscale neighbourhood of Janah, a Hezbollah stronghold, leaving bodies and pools of blood on the glass-strewn street amid burning cars. More than 140 people were wounded, officials said.

A Lebanese security official said the first suicide attacker was on a motorcycle that carried two kilograms of explosives. He blew himself up at the large black main gate of the Iranian mission, damaging the three-storey facility, the official said.

Less than two minutes later, a second suicide attacker driving a car rigged with 50 kilograms of explosives struck about 10 metres away, the official said. He spoke to The Associated Press on condition of anonymity in line with regulations.

In recent weeks, Hezbollah fighters have backed Assad's troops in a series of victories over rebels, taking back a string of rebel-held towns in Syria. Shiite Iran is the main Mideast backer of Assad's government, believed to be providing it with key financing and weapons.

THE ASSOCIATED PRESS

Two suicide bombers detonated explosions outside the Iranian Embassy in a mainly Shiite district of the Lebanese capital on Tuesday, killing 23 people, including the Iranian cultural attaché, apparently in retaliation for the Lebanese group Hezbollah's support of Syrian President Bashar Assad.

The bombings appeared to be another strike in an intensifying proxy battle over Syria's civil war that is rattling its smaller neighbour Lebanon. An al-Qaida-linked Sunni extremist group claimed responsibility for the attack, saying more would follow unless the Iranian-backed Shiite Hezbollah withdraws fighters that have helped Assad's military score key victories over Syrian rebels.

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Tuesdays - Saturdays	11:00 AM - 6:30 PM	Richmond Road Diagnostic Treatment Centre 1820 Richmond Road SW
Tuesdays - Saturdays	11:00 AM - 6:30 PM	South Calgary Health Centre 31 Sunpark Plaza SE

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## Border security. Human smuggling into Canada on the rise, report shows

Smugglers were caught trying to slip dramatically more people into Canada in 2011 over the previous year at largely unguarded points along the border with the United States, says a newly declassified report.

Authorities apprehended 487 people as smugglers attempted to sneak them into Canada at remote locales, up from 308 in 2010, says the binational report on border security.

At the same time, the number of people nabbed while being spirited into the United States from Canada fell slightly during the same period to 360 from 376.

The figures on smuggling between official ports of entry appear in the 2012 Integrated Border Enforcement Team threat-assessment report, obtained by The Canadian Press under the Access to Information Act.

The report indicates that stronger enforcement may partly account for the increase

### Standing on guard

The 23 binational border-enforcement teams operating in 15 regions between ports of entry include members of the RCMP, Canadian Border Services Agency and the U.S. Customs and Border Protection Service. They try to foil smugglers of people, drugs, currency, firearms and other commodities.

- By any means necessary. 115 criminal groups and 106 criminal entrepreneurs used a variety of means — from all-terrain vehicle and cross country skis to kayaks and helicopters — in their efforts to get cargo across the border in 2011.

in arrests, but adds there is concern that “a significant portion” is the result of “a surge in human smuggling activity.” **THE CANADIAN PRESS**

## Florida. Zimmerman's girlfriend failed to report alleged assault to police

A prosecutor says George Zimmerman's girlfriend claims he choked her about a week ago but she didn't report it to police at the time.

The prosecutor told a judge about the allegation during a first appearance Tuesday on domestic-violence-related charges of aggravated assault, battery and criminal mischief.

The judge set Zimmerman's bond at \$9,000 US and ordered that he not possess guns or ammunition. He was

ordered to stay away from the girlfriend's house and wear a monitoring device.

Zimmerman was taken into custody Monday after girlfriend Samantha Scheibe told deputies he pointed a shotgun at her during an argument.

The 30-year-old former neighbourhood watch volunteer was acquitted earlier this year of criminal charges in the fatal shooting of Trayvon Martin. **THE ASSOCIATED PRESS**



George Zimmerman arrives in court on Tuesday in Sanford, Fla., for his hearing on charges of aggravated assault. **JOE BURBANK/THE ASSOCIATED PRESS**

### Dallas

## Markers for J.F.K. shooting vanish

The “X”s that mark the spots on the street where President John F. Kennedy was assassinated 50 years ago are gone.

The markers' disappearance comes as Dallas prepares for Friday's events that will commemorate the anniversary.

City spokesman Frank Libro says workers are laying asphalt to level out the street.

**THE ASSOCIATED PRESS**

### Toronto

## Two arrested for incendiary device

Two people are in custody after police say they found what they're calling an incendiary device in the trunk of a car in downtown Toronto early Tuesday.

The device was removed by a bomb squad robot and detonated nearby while several downtown streets were closed for several hours.

**THE CANADIAN PRESS**

### Brazil

## Police launch massive child-porn dragnet

Federal police in Brazil say they're carrying out one of the country's biggest operations to combat child pornography.

More than 80 search warrants are being executed as part of Operation Glasnost and another 200 people remain under investigation in the case.

**THE ASSOCIATED PRESS**

### Texas

## Female lion dies in attack at zoo

Officials at the Dallas Zoo say one lion was killed by another in full view of visitors and families watching the exhibit.

The female lion was bitten on the neck by one of the male lions on Sunday afternoon and died from her injuries. Security moved away witnesses and closed off a restaurant close to the exhibit. **THE ASSOCIATED PRESS**

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## New York

## Duelling dinos get no takers at auction

Two fossilized dinosaur skeletons, nicknamed the Montana Dueling Dinosaurs because they appear forever locked in mortal combat, failed to sell Tuesday at a New York City auction.

A pre-sale estimate had predicted that the skeletons could fetch between \$7 million and \$9 million US — a



**A model recreates the position in which the two dinosaurs were found.** SETH WENIG/THE ASSOCIATED PRESS

price out of the reach of most museums. But the skeletons did not make the reserve at the Bonhams auction; the highest offer was \$5.5 million.

THE ASSOCIATED PRESS

## Zimbabwe

## Soccer team cries foul over witchcraft

Animal bones, hair, feathers and river pebbles are secreted around sports fields. The goal posts have been sprinkled with urine. The soccer players, some of whom have smeared ancient herbal potions on themselves, take the field.

It's a typical soccer match in Zimbabwe, among many

teams in Africa, it is as important to have the magical properties of witchcraft on your side.

Now, the CAPS United team in Zimbabwe is calling foul after their rivals, a team called How Mine, allegedly used witchcraft, during a key match this month.

How Mine wound up winning the Nov. 10 match sending the team to the Premier League finals to contend for a \$200,000 cup title on Nov. 30.

THE ASSOCIATED PRESS

# Facebook campaign a life-saver for Kevin



**Kevin Campbell, left, poses with Darin Grunberg of Edmonton, who donated one of his kidneys to Campbell on Nov. 4.** KEVIN GOT A KIDNEY/FACEBOOK

## Priceless gift. Organ donation by Edmonton man saves the life of his Vancouver relative



**LUKE SIMCOE**  
Metro Online

Two weeks ago, the title of Kevin Campbell's Facebook page changed from "Kevin Needs a Kidney" to "Kevin Got a Kidney."

For nearly 20 years, Campbell has battled IgA nephropathy, also known as Berger's disease. He was living in Spain with his family, but returned to Vancouver Island three years ago for dialysis treatment.

When he arrived, he was told he could wait 12 years for a donor kidney.

"I was coming back for the great health care in Canada, but they have a terrible opt-in donor program which causes these long wait lists," he said.

In Spain, where organ donation is opt-out, rather than opt-in, Campbell said wait times are typically between six to nine months.

Not content to wait, Campbell started a social media campaign to find a donor. He also partnered with the Because I Can project — which advocates for opt-out organ donation in

Canada — and completed a Tough Mudder competition to raise awareness — something his doctors said would be "impossible" in his condition.

"I finished the race and went straight into an ambulance and spent 18 hours in the hospital," he said.

Because of his disease, Campbell — a 50-year-old personal trainer — said preparing for the event was extremely painful.

Eventually, Campbell's story reached Darin Grunberg of Edmonton, the spouse of Campbell's distant cousin, who agreed to be a donor. Grunberg flew out to Vancouver for the transplant surgery on Nov. 4.

"How do you thank someone for that?" Campbell asked. "It's heroic."

The successful transplant makes Campbell only the second person in B.C. to find an organ donor via social media.

On Tuesday, Campbell was recovering at St. Paul's Hospital in Vancouver. He's on a heavy regimen of medication to prevent his body from rejecting the new kidney, but said his "numbers are looking good."

Campbell said he's looking forward to being able to pig out on some of his favourite foods that he's been denied because of his health.

"I can hardly wait to have pizza," he said.

### Triumph of the human spirit

**"It would hurt so bad, but I would just continue to push through it"**

Kevin Campbell explains the rigors of participating in a gruelling Tough Mudder obstacle course endurance race while suffering from kidney disease



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Join us on Wednesday, November 20 at 7:00 pm in Room MD201 in the Stan Grad Centre.

Call 403.284.7149 or Email [fast-track@sait.ca](mailto:fast-track@sait.ca) to confirm your attendance or for more information.

### JOURNALISM AND PHOTOJOURNALISM

Interested in a career that combines your creativity with your resourcefulness? The Journalism and photojournalism programs at Sait are the perfect solution as they focus on communications, News writing, and photojournalism. Get trained at Sait, and start a career that you will love.

Join us on Wednesday, November 20 at 7:00 pm in Room H101 in the Senator Burns Building.

Call 403.284.8849 or Email [ja.info@sait.ca](mailto:ja.info@sait.ca) to confirm your attendance or for more information.

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Join us on Wednesday, November 20 at 7:00 pm in Room KA337 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email [energy.mse@sait.ca](mailto:energy.mse@sait.ca) to confirm your attendance or for more information.

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If you have a passion for cars and want a career in the automotive industry, this session is right for you. Learn more about:

- Automotive Service Technology diploma
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Join us Wednesday, November 20 at 6:30 pm in the Clayton Carroll Automotive Centre.

Call 403.284.8471 or Email [transportation.info@sait.ca](mailto:transportation.info@sait.ca) to confirm your attendance and for more information.

### RAILWAY CONDUCTOR

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## Spain goes it alone. Ten top Chinese accused of genocide against Tibet

Spain's National Court on Tuesday issued arrest orders for former Chinese president Jiang Zemin and four other officials as part of a probe into alleged genocide by China against Tibet.

The court said it accepted arguments from Spanish pro-Tibet rights groups that international reports indicate the five may have had a role in the alleged genocide and should be questioned.

None has been formally charged.

China has previously de-

### Universal justice

Spain's legal system recognizes the universal justice principle, under which genocide suspects can be put on trial outside their home country — but in practice few have been brought to trial.

scribed the investigation as interference in its affairs and called the claims "sheer fabrication." **THE ASSOCIATED PRESS**

### Legal snafu

## Ten jailed for war crimes are freed

A Bosnian court on Tuesday released 10 Bosnian Serb war crimes convicts, including six jailed for genocide, because the wrong criminal code was applied.

Outraged families of the

victims said the move "defies reason."

The six were sentenced to 28 to 33 years for participating in the killing of 1,000 Muslim men in the 1995 Srebrenica massacre.

The others received sentences of up to 29 years for war crimes against civilians during the Bosnia war.

**THE ASSOCIATED PRESS**

# Canada shuns Syria rebels, report on killings backs it



Prime Minister Stephen Harper answers questions in the House of Commons on Tuesday — the day two key reports on Syria were released.

ADRIAN WYLD/THE CANADIAN PRESS

### Odd man out.

Ottawa's hands-off approach costs it membership of key group trying to end bloody civil war

Canada is "at odds" with key allies by not recognizing the Syrian opposition, says a newly released internal memo.

But a separate human-rights report also released Tuesday offers support to the Harper government's decision not to follow the United

### Quoted

"This position is at odds with many of our closest allies."

A July memo obtained under the Access to Information Act.

States, Britain and others in recognizing the disparate coalition of rebel groups.

The report from Human Rights Watch, the New York-based watchdog, says rebel fighters executed civilians in their custody and killed others with indiscriminate sniper fire and mortar attacks during a one-week battle in a mainly Christian village last month in northern Syria.

On the other hand, the new memo, a briefing note on the Syrian crisis for Foreign Affairs Minister John Baird, reiterates Canada's opposition to recognizing the Syrian Opposition Coalition.

But it says the decision cost Canada membership in an 11-country group that is trying to find a diplomatic solution to the long-running civil war.

Canada is concerned the Syrian opposition contains militant Islamists and does not respect religious minorities. **THE CANADIAN PRESS**

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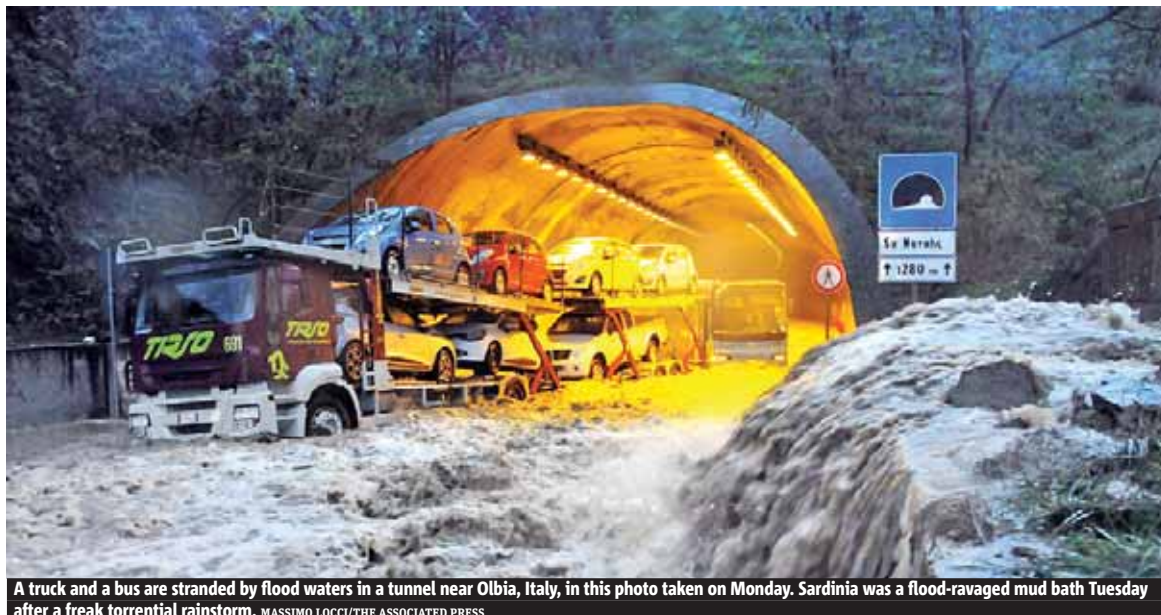
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A truck and a bus are stranded by flood waters in a tunnel near Olbia, Italy, in this photo taken on Monday. Sardinia was a flood-ravaged mud bath Tuesday after a freak torrential rainstorm. MASSIMO LOCCI/THE ASSOCIATED PRESS

# 'Apocalyptic' storm floods Sardinia, kills at least 16

**Residents ignored evacuation orders.** Civil protection chief says system signalled highest level of risk

The Mediterranean island of Sardinia, prized by the jet-set for its white sand beaches and crystal-clear seas, was a flood-ravaged mud bath Tuesday after a freak torrential rainstorm killed at least 16 people, downed bridges and

swept away cars.

The island, which draws royals, entrepreneurs and ordinary tourists alike during the dry, peak summer months, received more than 44 centimetres of rain in 24 hours Monday — half the amount it normally receives in a year, officials said.

Transport was hampered by rivers of cocoa-colored mud gushing over roads that forced the closure of several major thoroughfares, including a tunnel into the city of Olbia.

Olbia Mayor Gianni Gio-

## Quoted

**"I saw (the river) overflowing, as everybody else saw it. I saved a dog. I saved a person."**

Olbia resident Marcello Piredda, who said he lost all the possessions in his flooded house.

vannelli said the city had been destroyed by the "apocalyptic" storm, with bridges felled and water levels reaching 3 metres in some places. He described

the ferocity of the storm's rains as a "water bomb."

Local newspaper L'Unione Sarda said a policeman escorting an ambulance died when the car he was travelling in was submerged after a bridge collapsed in Dorgali. In hard-hit Gallura, three people died after their car was swept away in the collapse of another bridge, the paper said.

Other parts of Italy were also hit by heavy rains Tuesday, including the capital, Rome, and Venice in the north. **THE ASSOCIATED PRESS**

## Typhoon. Officials still looking for 17 Canadians

Foreign Affairs officials are still trying to track down 17 Canadians who remain unaccounted for in the typhoon-ravaged Philippines. But they say they still have no reports of any Canadians killed or injured in the disaster.

They say locating people is becoming easier as communications are restored.

Meanwhile, the Canadian Forces are shipping a third helicopter and another water purification unit to the Disaster Assistance Response

## Aid contributions

International Development Minister Christian Paradis clarified that the \$15 million in aid announced Monday was the government's contribution to match donations by Canadians totalling \$19.6 million so far for Filipino relief.

Team, or DART, operating on the island of Panay.

**THE CANADIAN PRESS**

## One-child policy. China says controls still needed

China has no intention of abandoning family planning controls soon despite announcing it would ease the one-child policy, a government spokesman said Tuesday, adding that the policy could be loosened further in the future. Experts estimate around 1 million extra births per year would occur in the

first few years, on top of the 16 million babies born annually in China.

The one-child policy is pushing up average age and demographers see a looming crisis because the policy reduced the young labour pool that must support the large baby boom generation as it retires. **THE ASSOCIATED PRESS**

## Greenpeace protest

### Canadian granted bail in Russia

Canadian Paul Ruzyski of Port Colborne, Ont., who was among 30 arrested during a protest in September, has been granted bail by a Russian court.

The Primorsky court in St. Petersburg set bail at two million rubles (\$61,500 US) each for seven Greenpeace activists granted bail Tuesday.

The court said they will be released if the bail is paid within the next four days. **THE ASSOCIATED PRESS**



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Company co-operating

## Ikea France execs charged in alleged snooping case

France issued preliminary charges Tuesday against the CEO and chief financial officer of Ikea France in a case alleging they snooped illegally on employees and customers.

Ikea France confirmed the charges were brought late Tuesday against CEO Stefan Vanoverbeke and finance chief Dariusz Rycher, who were both held for questioning Monday and Tuesday. The company said in a statement it would co-operate in the case.

THE ASSOCIATED PRESS

Michael Bloomberg

## N.Y.C. bans tobacco sales to under-21's

Mayor Michael Bloomberg signed landmark legislation Tuesday banning the sale of tobacco products to anyone under the age of 21, making New York the first large city or state in the country to prohibit sales to young adults.

During a brief ceremony at city hall, Bloomberg said raising the legal purchase age from 18 to 21 will help prevent young people from experimenting with tobacco at the age when they are most likely to become addicted. Officials say 80 per cent of smokers start before age 21. THE ASSOCIATED PRESS

# It's either pipeline, or oil by rail: Exec warns

**A 'tragedy.'** Company on track to transport more of the commodity by railway if Keystone XL project is turned down

A denial of the proposed Keystone XL pipeline would lead to more oil moving across the continent by rail, an executive with pipeline builder TransCanada Corp. said Tuesday, calling such an outcome a "tragedy."

"While we view rail as a complementary short-term solution until more pipeline capacity is brought online, more rail terminals will be built to fill the capacity gap if Keystone XL is not approved," Alex Pourbaix, president of energy and oil pipelines, told an investor conference.

"And I think it's a real



A worker inspects a railway car that was part of a convoy of cars carrying crude oil that derailed resulting in explosions in Lac-Mégantic, Que., on July 7. An executive at TransCanada Corp. says rail will be used more often to transport oil if the Keystone pipeline project is not approved. PAUL CHIASSON/THE CANADIAN PRESS

tragedy if this situation continues indefinitely, as pipelines are obviously much more cost-effective. They are statistically safer and more environmentally friendly to transport oil."

By the end of 2015, Pour-

baix said rail loading capacity in Alberta is expected to double to 800,000 barrels per day — almost as much as the long-stalled Keystone XL pipeline would carry south of the border.

At the same time, Pour-

Train troubles

With Keystone XL and other pipelines mired in regulatory delays, Canadian and U.S. oil producers have been increasingly turning to rail to get their crude to market.

- But scrutiny over the safety of that mode of transport has intensified after a series of high-profile events this year. Most notably, a train laden with oil from North Dakota's Bakken region crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

baix said U.S. Gulf Coast rail unloading capacity is expected to exceed 900,000 barrels per day. THE CANADIAN PRESS

Market Minute



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95.50¢  
(-0.36¢)



**TSX**  
13,442.60 (-15.46)



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## #justjoking? Minister of employment posts, then deletes anti-union tweet

Shortly after midnight Tuesday, Canada's minister of employment took to Twitter to thank his staff for working overtime.

"Just wrapped up a meeting with several staff members, at midnight," Jason Kenney tweeted. "Good thing they're not unionized!"

Twitter users pounced on the minister, calling him "an uncaring boss" and accusing him of "union bashing." Others claimed the tweet was evidence of an anti-labour bias amongst federal Conservatives.

Unifor president Jerry Dias said Kenney's comments were "arrogant" and inappropriate given that roughly one in three Can-



**Employment Minister Jason Kenney claimed this Twitter posting, later deleted, was a joke. TWITTER**

adians belongs to a union.

Kenney quickly backpedaled, deleting the tweet and replacing it with one that lacked any reference to unions. He later referred to the remark as a joke, and said it "wasn't intended as a political comment."

As for Kenney's staff, Dias suggested they consider joining a union.

LUKE SIMCOE/METRO

### Calling for an apology

**"He should be apologizing.... He just insulted 10 million Canadians. He just insulted the entire middle class."**

Unifor president Jerry Dias on Jason Kenney's tweet

### Americans wondering

## Butterball: Why is my little turkey so skinny and bony?

Butterball apparently has a big fat mystery on its hands: The company says it doesn't know why some of its turkeys wouldn't plump up in time for Thanksgiving in the U.S. this year.

THE ASSOCIATED PRESS



Americans are facing a shortage of big Butterball birds. GETTY IMAGES FILE

### Random biz fact of the day

**46%**

46 per cent of workers said a company's employment brand plays a very big role in their decision to apply for a job within the organization.

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# Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 13

metronews.ca/temp

## Sick daze

### In sickness and in health, temps show up for work

The insecurity of temporary employment prevents workers from taking the time off to address their health issues, argues a team of researchers from the Institute for Work & Health, an independent not-for-profit organization, in a 2010 study.

They found that:

- Workers in temporary jobs were 37 per cent less likely to be absent due to sickness compared to those with permanent positions.
- Workers with tenure of one to three months were 27 per cent less likely to take an absence when compared to workers who hold a longer tenure.

PHOEBE HO/FOR METRO



ISTOCK

## Woe befalls Walmart

### Fight for your rights, face retaliation?

Federal officials in the U.S. are prepared to file formal complaints against Walmart for allegedly violating the legal rights of protesting workers last year. **THE ASSOCIATED PRESS**

# Temp Does Ambulance Duty

I asked Darren to put Dan into the BMW's back seat. "If we dump him by the door at Crown, they'll be forced to take pity on him."

Darren rifled through the glove compartment. "Look! A BlackBerry Z10!" The BlackBerry then promptly rang (ringtone: Dust in the Wind by Kansas). "Hello?"

A woman squawked on the other end. I grabbed the receiver. "Hello, who's this?"

"It's Chantelle, Dan's wife. Who's this?"

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital but he doesn't have his credit cards so nobody wants him."

"Come to our house and pick me up."

"Aren't you in Florida?"

"I found a card with a pile of unused frequent flyer miles so I returned early."

Chantelle was on the curb. Her lips were swollen like Donald Duck's beak, and it was hard to not stare.

"I know I look strange but I never expected to get old and then one day it happened and, as you can see, I'm not handling it well. I know I look ridiculous."

On cue both Darren and I chimed, "No, you look great!"

Darren added, "I'm sure your lips will look terrific once they deflate, Chantelle."

Chantelle was unruffled by the sight of Dan in the back, and with me at the wheel and Darren in the passenger seat looking and smelling very street-y. Chantelle

removed a fifth of vodka from her purse. "Any takers?"

Darren eagerly accepted, and we soon arrived at Crown Permenente. "You two lug him in," she said. "I'll handle the staff."

"You've got your credit cards, then?"

"Cards shmards. A well-dressed, well-nourished white woman with obvious cosmetic surgery is welcome in any hospital on the planet."

Dang if she wasn't right. The supermodel nurse beamed at her, while another fetched her a cappuccino and asked which satellite music station she preferred. We dropped Danimal's carcass inside the door and two hot guys who looked like Qantas flight attendants whisked him away. It couldn't have been more pleasant.

"You two wait in the car. I'll be out in a sec."

Chantelle soon emerged and got into the back seat. "Shannon take me home. Darren, you stay the night at my place. We can

**"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital..."**

party and maybe you can take a shower later. Dan's clothes will fit you, too. Shannon, you keep the car for a few days."

"Seriously?"

"I may be aging gracefully, but I'm no idiot like Kevin's wife. Just promise me you won't set fire to it."

"It's a promise."

I feel like a bad person, but I was so excited to have a Beemer for a few days that I forgot to ask what was wrong with Dan.

TO BE CONTINUED ...



## Random biz fact of the day

67%

A majority of job seekers say they would accept a lower salary if the company had exceptionally positive reviews online (67 per cent) or a lot of positive press recently (65 per cent).

SOURCE: NEXCAREER

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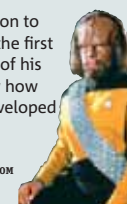
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## Random fact of the day

Call it experimental parenting.

- A dad only spoke Klingon to his son for the first three years of his life to study how children developed language.

SOURCE: OMG-FACTS.COM



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# TO THINE OWN SELFIE BE TRUE

Have you heard the Word?

The Word of the Year, that is.

According to the Oxford Dictionaries, the 2013 Word of the Year is "selfie": "A photograph that one has taken of oneself, typically one taken with a smartphone or web cam and uploaded to a social media website."

Selfie beat out other worthy words, such as "binge-watch," which is the stupefying practice of watching entire seasons of TV episodes in a single, coma-inducing couch session, and "olinguito," the cute, little, previously-unknown mammal found in the mountain forests of Colombia and Ecuador.

Just think how trendy you can sound if you get all three into a single sentence, something like:

"I was, like, binge-watching back episodes of Too Cute on Animal Planet and uploading selfies 'cause I was like — bored — when I came across a program about the olinguito, which, was,



JUST SAYIN'

Paul Sullivan

metronews.ca

like, just discovered this year. It's like the smallest member of the raccoon family."

Or something like that.

Selfie is the perfect word for a neo-narcissist generation that can't resist itself. Typically a selfie is taken in poor light, usually out of focus, artlessly posed and composed, but nevertheless considered suitable for sharing with the WHOLE world on Instagram.

I don't see the attraction. Every selfie I've ever taken looks like Nick Nolte's mug shot and has been instantly deleted. I guess I need to spend more time getting in touch with my inner 15-year-old girl.

I'm obviously in the minority. Oxford picked selfie because the frequency of use has increased

by 17,000 per cent over the same time last year.

Which leads me to wonder if the Oxonians are running some vast offshore language surveillance pound where bearded professors in tweed and leather elbow-patched jackets monitor the

world's conversations while sipping sherry.

You should know as well that Oxford's not the only outfit engaging in this Word of the Year racket. In fact, there's even a Word of the Year season. This year's began on Nov. 5, when the Global Language Monitor issued its 10 Top Words, which, oddly enough, does not include selfie. The two lists do however share "twerking," which is defined as: "To dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance." As in: "Look, Daddy, Hanna Montana's twerking."

The Word of the Year season ends, thankfully, in January, when the American Dialect Society announces its candidate. Last year's, by the way, was "hashtag," as in "#decline of Western civilization."

Meanwhile, you'll have to excuse me. I'm not feeling too well. I dropped my smartphone into the toilet while I was taking a selfie of me taking a selfie in the bathroom mirror, and now I'm suffering from nomophobia (2012 runner-up) which means "anxiety caused by being without one's mobile phone."

I feel so unfriended (2009).

## ZOOM

### Shot with a DIY cam? Snow way

A Russian photographer proves you don't need expensive equipment to take wonderful macro photographs.

Alexey Kljatov, from Moscow, used a homemade camera rig consisting of a wooden board, adhesive tape, a piece of glass and a \$45 lens from an old camera to capture the beautiful shapes of snowflakes.

Kljatov's images prove that no two snowflakes are alike, but it's down to atmospheric factors that give snow crystals their uniqueness. Snowflakes are hexagonal in shape in their basic form, but once they've fallen, the crystals interact with temperature, vapour and gravity.

METRO

### Photog's viewpoint



"As the first frost arrives, I spread my woolen scarf on my open-air balcony and wait for the snowflakes to fall."

Alexey Kljatov



Kljatov's DIY setup features a Canon Powershot A650 and a 44M-5 Helios lens from a Soviet Zenit camera. COURTESY ALEXEY KLJATOV



COURTESY ALEXEY KLJATOV

### Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

**Congratulations to 'selfie' for deservedly bringing home the Oxford Dictionaries 2013 Word of the Year tiara. We glanced away from the bathroom mirror long enough to check the official shortlist, and here are some of the runners-up.**

### Twerk:

Credit pearl-clutchers trying to shield us from the evils of Miley Cyrus for teaching our elders about twerking. However, the excellence of We Can't Stop aside, Miley isn't the twerk authority. Seek out Big Freedia, the mighty New Orleans rapper with a nightier stage show and cut-to-the-chase lyrics like "a-- over here/a-- over there/a-- everywhere." Bonus: An instructional video on teaching your dog to twerk. (bigfreedia.com)

### Binge-Watch:

Breaking Bad was to binge-watching what Miley was to twerking. Sadly, one of them will never be heard from again. But if you happen to be up to

date on the fate of Walter White, there's plenty of other binge-worthy shows on Netflix. Top of the Lake and The 4400 are fine fare for drama fans. Archer and Peep Show are shining beacons of comedy.

### Schmeat:

Synthetically made meat that's less pejoratively known as "in-vitro." In August, a team of scientists served up the world's first hamburger made from the stuff, the end stage of a process that began with harvesting muscle cells from a living cow. The world's rising demand for food isn't a passing trend, so pencil schmeat in as a 2014 contender. Learn more about how it was done at culturedbeef.net.



A picture of two people taking a photo of themselves — also known as a group selfie. BOB DASS/FICKR

### Twitter



@CHFIERin: Anything but "adorbs". It's just "ridic".

@metropicks asked: Oxford Dictionary declared 'selfie' 2013's word of the year. Whatavevs. Nominate a word of the year for our Best Of List

@Canucklehead\_ca: twerk: As in, "Guess I have time for a quick beer before I get back twerk." Cheers!

@Xenojay: At least it's not "duck-face"? #Selfie #WordOfTheYear #HumansAreTerrible

Follow @metropicks and take part in our daily poll.

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# Rock 'n' roll's temp-tation

Filling the shoes of an established artist is never easy but sometimes 15 minutes of fame is all you need to jump start a career or revitalize an existing one.

MIKE DOJC  
scene@metronews.ca



## Tim "Ripper" Owens

One minute he's a hardcore Judas Priest fanboy screaming his favourite band's songs as the frontman of a tribute act and the next minute he's stepping in for Rob Halford behind the mic.

During his seven-year stretch with the British metal gods he worshipped growing up, Owens recorded a pair of studio albums (Jugulator and Demolition) and a couple live ones and garnered a Grammy nomination for best metal performance in 1999 for Bullet Train.

**Aftermath:** Owens' fan-to-frontman story inspired the Mark Wahlberg movie Rock Star.

## David Coverdale

Before Whitesnake and achieving monster balladeer immortality, Coverdale read an article in Melody Maker that changed his life.

Ian Gillan had quit the band and Deep Purple were auditioning singers. Coverdale's bluesy vocals and impressive rocker hair fit the bill and just like that he's heading to America for the first time and walking out on a stage in front of over 200,000 screaming fans at 1974's California Jam.

You can hear Coverdale on Purple's Burn, Stormbringer, and Come Taste the Band.

**Aftermath:** "An' here I go again on my own/ Goin' down the only road I've ever known/ Like a drifter I was born to walk alone."



ALL PHOTOS GETTY IMAGES



## J.D. Fortune

After hearing guitarist Tim Farriss tell him the words he was praying to hear, "You are right for our band," on the finale of CBS's Rock Star: INXS, Fortune went from sleeping in his car to touring the world with one of Australia's sexiest musical exports.

It was a fairy tale dream come true for the Mississauga native.

A longtime fan, the first song Fortune learned to play on the guitar growing up was the band's smash Devil Inside.

**Aftermath:** INXS fired Fortune in 2011. Chasing Fortune a film about J.D.'s wild ride and his attempts to keep on rocking premieres Nov. 12 on Super Channel.

## Ronnie James Dio

After Black Sabbath sacked Ozzy Osbourne in 1979, Ronnie James Dio — who had previously fronted Elf and Rainbow — was tapped to join heavy metal's most influential band.

Dio revitalized Sabbath during his original three-year spell with the band and returned in the early '90s to record Dehumanizer.

**Aftermath:** Dio was a successful '80s solo artist spurred by the strength of hits like Holy Diver and Rainbow in the Dark. Before his untimely passing in 2010 he would "temp" again with Sabbath buddies Tony Iommi and Geezer Butler on a 98-date world tour under the band name Heaven & Hell.



## Adam Lambert

While nobody can really replace Freddie Mercury, the American Idol Season 8 glam rocking runner-up has the dramatic chops and requisite vocal gymnastic abilities to do Queen anthems We are the Champions and Bohemian Rhapsody justice.

Following the five year Queen + Paul Rodgers collaboration, which resulted in a pair of world tours and a studio album, Lambert has stepped up to the plate.

**Aftermath:** Lambert last performed with Queen at this fall's iHeart Radio Festival and he had a guest stint on Glee this month.

# 2 SCENE



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# Stanley Tucci — endlessly interesting

## Catching hire.

Hunger Games actor finds success in a diverse number of Hollywood roles.



### IN FOCUS

Richard Crouse  
scene@metronews.ca

Is Stanley Tucci the busiest actor in Hollywood? This year alone added five movies to his IMDB page with five more in the pipeline for 2014.

This weekend in *Hunger Games: Catching Fire*, he plays Caesar Flickerman, the elaborately coiffured host of *The Hunger Games* television broadcasts. Despite being disguised with wild wigs, fake teeth and plenty of bronzer, it is unmistakably Tucci, one of the most interesting actors working today.

He made his big screen debut in the 1985 gangster comedy *Prizzi's Honor* followed by several years of



Stanley Tucci plays TV host Caesar Flickerman in *The Hunger Games* films. CONTRIBUTED

dues-paying stage work and movie roles like *Second Dock Worker* in *Who's That Girl* before landing recurring spots on *Miami Vice* and *Wiseguy*.

A succession of supporting roles lead to the one-two punch that made him a name

actor. Producer Steven Bochco's television drama *Murder One* cast Tucci as Richard Cross, a Machiavellian multimillionaire accused of the strangulation of a 15-year-old girl.

The following year a

much different part earned him an Independent Spirit Award nomination for best actor. In *The Big Night* he plays Secondo, owner of an Italian restaurant called *Paradise*. The place is slowly going broke but may get a

boost from a visit by singer Louis Prima. If Prima shows up the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made — you'll want to go for risotto afterward — but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Since then Tucci has played everything from villains — strangling a Supreme Court justice in *The Pelican Brief* — to a flamboyant nightclub manager in *Burlesque*, to the God of wine

Dyonisius in *Percy Jackson: Sea of Monsters* to Puck in *A Midsummer Night's Dream*. Opposite just Meryl Streep alone he's played everything from a gay art director in *The Devil Wears Prada* to Julia Child's loving diplomat husband Paul in *Julie & Julia*.

In 2010 he received his first (but probably not last) Oscar nomination for his work in *The Lovely Bones*. He played the murderous Mr. Harvey, all twitchy movements and squeaky voice; he was Norman Bates without the overbearing mom.

"I don't like to watch things about serial killers or kids getting hurt," he said, "but this was something beyond that. It was an exploration of loss and hope."

## Fandemonium

Seven hundred fans of the popular book trilogy *The Hunger Games* spent the weekend camped out on the concrete in front of L.A. Live plaza.

- they were rewarded with games, celebrity meetings and tickets to Monday's premiere of *The Hunger Games: Catching Fire*.

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Brittany Murphy. ALL PHOTOS GETTY IMAGES

## Was Brittany Murphy poisoned?

When Brittany Murphy passed away suddenly in 2009, the official cause of death was pneumonia and anemia. Most people assumed that, in the case of a super-skinny, erratic starlet, that was a euphemism for death by drug abuse. When her husband, Simon Monjack, died just five months later of the same cause — pneumonia and anemia — that fit neatly in with the theory.

However, Murphy's father, Angelo Bertolotti, wasn't satisfied. He recently secured the rights to send samples of Murphy's hair and tissue to a lab for independent testing. The Examiner has the lab report, and it tells a shockingly different story:

"Ten of the heavy metals evaluated were detected at levels higher than the WHO (World Health Organization) high levels. ... If we were to eliminate the possibility of a simultaneous accidental heavy metals exposure to the sample donor then the only

logical explanation would be an exposure to these metals (toxins) administered by a third party perpetrator with likely criminal intent."

Heavy metals such as those found at high levels in Murphy's body are often present in rat poison and insecticides. They can cause all the symptoms that Murphy and Monjack suffered before their deaths.

It's hard to remember all the way back to 2007 when Murphy and Monjack were married, but the two were frequently the target of tabloid speculation. Monjack had a shady, criminal past, and once they were hitched, Murphy started to act increasingly strange and appear increasingly gaunt. Shortly before Murphy's death, Monjack was rushed to a hospital after his plane landed at LAX. TMZ reported that Monjack was incoherent when EMTs boarded the plane. An asthma attack was blamed for his behaviour.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## The dictionary people just want to be friends with celebrities

MELINDA TAUB

Metro World News in New York City

I think the Oxford English Dictionary is trying to suck up to Kim Kardashian.

What other explanation could there be for their selection of "selfie" as the word of the year? Is word of the year even a thing? Stop trying to make word of the year happen, Oxford English Dictionary.

The official explanation for the OED's choice of selfie is the word's sudden ubiquity. "It's not a new word," their blog explains. "But our word of the year need not be a new word. However, it does need to demonstrate some kind of prominence over the preceding year or so and selfie certainly fits the bill. It seems like everyone who is anyone has posted a selfie somewhere on



the Internet. If it is good enough for the Obamas or the Pope, then it is good enough for word of the year."

Whatever, OED. All I can say about this clear attempt to get RTed by selfie addicts like Kim Kardashian and Miley Cyrus is, please let me know if it works, because I would also like to be friends with celebrities. This is The Word, after all. The Word's word of the year could totally be a thing.



Justin Bieber

## Seems the Biebs' now-public confidentiality agreement is for real

Justin Bieber's attempts to keep the goings-on at his house parties quiet aren't necessarily working, as a guest from his all-night bash last week leaked the confidentiality agreement the pop star reportedly makes guests sign to TMZ. And one of his regular guests, marijuana dispensary owner Milk Tyson, confirms to E! News that the document is legit. "It's very unfortunate that someone would do that," he says of the leak,

adding that it "may have been one of the girls." Tyson didn't give details about the party, but he did confirm that Snoop Dogg was in attendance.

Meanwhile, there's yet another sour note in Bieber's controversy-filled Latin American tour. Mexico's president has denied a tweet in which the singer said he met with the president and his family prior to a show. **WITH FILES FROM THE ASSOCIATED PRESS**

## Taylor goes house hunting in Harry's 'hood

While her relationship with Harry Styles is long since dead, that doesn't mean Taylor Swift can't be neighbours with the One Direction star. Swift was spotted house hunting in London recently, looking at properties in the posh St. John's Wood area, according to E! News. "She was looking at houses in the range of seven to eight million pounds," a source says. (That's as much as \$13.5 million.) "The properties that



Taylor Swift

Swift has looked over are huge houses, complete with panic rooms and everything."

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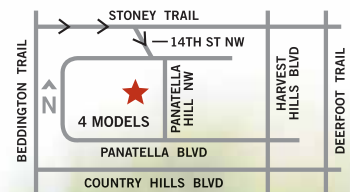
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LIFESTYLES

The city on the St. Lawrence River offers walks down centuries-old streets lined with elegant architecture and historic sites. Best of all, many of Montreal's greatest attractions can be experienced for free. Here are five free things to do on a visit to Montreal.

PHOTOS AND STORY: THE ASSOCIATED PRESS



### Mount Royal

You can look up and see the towering trees of Mount Royal from nearly everywhere in Montreal. The nearly 200-hectare park tops out at 770 feet and boasts running, hiking and biking trails, an overlook onto downtown Montreal and a large lake. Frederick Law Olmsted, the man behind New York's Central Park, drew the plans for the park.

# 5

## Free things to do in Montreal



### Old Montreal and Old Port

The historic Old Montreal or Vieux Montreal district stretches along the St. Lawrence River in the southern part of Montreal. You could spend hours wandering the twisty, narrow walkways. Along the banks of the river at the Old Port, watch barges from a tree-lined park. A walking tour could include the Notre Dame Basilica and Montreal City Hall.



### Montreal Museum of Fine Arts

The collection at the Montreal Museum of Fine Arts ranges from the European Renaissance, Rembrandt and Monet to Inuit sculpture, Jean-Michel Basquiat and other modern works. Admission to the general collection and outdoor sculpture garden is free but there is a charge for special exhibits.

### Notre Dame de Bon Secours Chapel

A large statue of the Virgin Mary stands atop this church on the St. Lawrence River, leaning forward to welcome sailors into harbour. The origins of this ornate church date to the 1650s and the chapel visitors see today dates to the 1770s. Inside frescos, statues and altar artwork rival that of European churches. But the chapel earns its charm from the small replicas of sailing boats that hang from the ceiling like chandeliers, each with vigil candles.



### Jean Talon Market

Small markets dot the Montreal streets but one of the larger and more interesting is Jean Talon Market or Marche Jean-Talon. The market has both covered and uncovered stalls filled with seasonal produce, cheeses, pastries and breads and other local specialties, like maple syrups. It all makes for a colourful and lively walk past vendors speaking French and English to customers.

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# Oh Paris, will you Marais me?

**The coolest quarter.** Neighbourhood boasts chic shops, bakeries and boutique hotels

MEREDITH  
ENGEL

Metro World News in New York

Besides the Eiffel Tower, the Louvre and other touristy (but essential) stops for Parisian visitors, the trendy Marais district is a must.

But the Marais, which translates to "marsh" in French, wasn't always this hip. Tour guide Skall (yes, that's his full name — he's French, OK?) tells Metro that the influx of the gay community in the 1980s restored the enclave's cool factor. The arrival of plenty of art dealers also helped, as the area today is famous for its contemporary galleries. Make sure you stop by these other establishments for a truly *tres magnifique* Marais experience.

**Fromagerie Jouannault**  
No trip to Paris would be com-

plete without a visit to a specialty cheese shop. Whether you like your curds from cows, sheep or goats, find it here (even if it didn't originate in France). Want to take some cheese back to the States? The staff will vacuum-seal your purchase so it's TSA-friendly.

## Le Marche des Enfants Rouges

The city's oldest covered market is also the area's best kept secret: walk through an alleyway to enter this indoor market, where you'll likely bump into Parisians doing their grocery shopping. You can buy everything from local produce to international foods. The market is also a great place to stop for a bite, with cuisines ranging from Japanese to French to Moroccan represented. Fun fact: It's named for the red outfits children at a nearby orphanage used to wear long ago.

## Violette & Leonie

Find vintage and modern-day womenswear, plus shoes and jewels, at this trendy consignment shop. Designer pieces from Dior, Hermes and Isabel

Marant mingle with high street items.

## Merci

Picture the Urban Outfitters of Paris and you've got Merci. Shop for quirky souvenirs — Eiffel Tower cookie cutter, anyone? — plus home furnishings (there's a plethora of kitchen items on the top level), clothes, bath products, stationery and much more. The store recently did a collaboration with NYC's Museum of the Modern Art, so you know the goods are stylin'. When you're done shopping, peruse the library of cookbooks and stop for a coffee.

## Dalloyau

The history of this sweets shop is almost as rich as its chocolates. Charles Dalloyau was a baker who won the attention of Louis XIV during a tasting. The king hired Dalloyau, and he and his brothers worked for the royal court over four generations. The store is famous for its Opera cake: a thin layer cake soaked in coffee syrup and topped with coffee buttercream, chocolate ganache and a dark chocolate coating (serves

six; about \$60). Avoid the Laduree lines for a macaron from these guys instead.

## Hotel du Petit Moulin

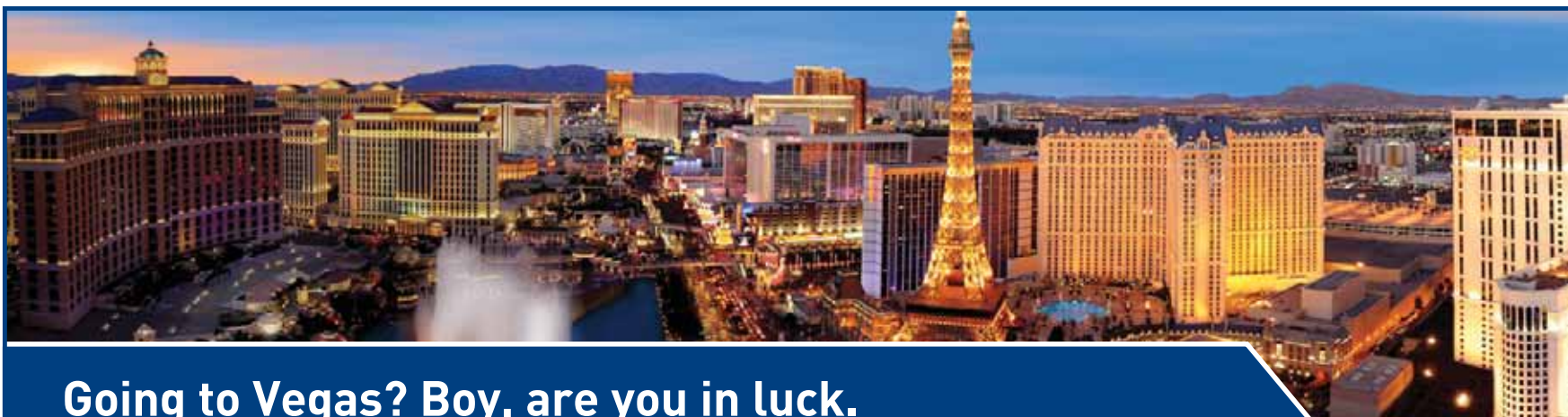
This quirky hotel used to house the oldest bakery in Paris (the exterior retains the original signage). Each room is designed in a different fashion by Christian Lacroix, and the eccentric nature of the building means that each room is shaped differently. If you can, book Room 104 — you'll walk down a flight of zebra-covered steps into your private dwelling. Rooms start at about \$336 per night.

## Pavillon de la Reine

It's easy to walk by this ivy-covered hotel — it's hidden in a private courtyard behind shops on the Place de Vosges. The hotel recently underwent an overhaul; ask for one of the renovated rooms, which are loft style and overlook the private courtyard. Come down for eggs, ham, cheese and those fabulous French pastries in the morning. Rooms start at about \$518 per night.



Marais, meaning 'marsh', is a hub for art dealers and cafés. iStock



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Winter getaways

## How to choose your Hawaiian island



**ON THE MOVE**  
Loren Christie  
life@metronews.ca

If the onset of winter has you searching for the sun, may I suggest Hawaii? Far more than Florida without Disney World, each of the state's six main islands has a distinct flavour that will give you a true taste of paradise.

Oahu is home to the capital of Honolulu, a city of first class restaurants, hopping nightclubs and the world famous Waikiki Beach. Second World War history buffs will appreciate touring the sites of Pearl Harbor, while those looking for a quieter spot should check out the local surf culture on the North Shore of the island.

Kauai is quiet and



Honolulu is located on the Hawaiian island of Oahu. ISTOCK

subdued in contrast to Oahu. The lush "Garden Isle" is an upscale island perfect for breathtaking hikes or lounging on the beach. If you can afford to splurge, a helicopter ride is the perfect way to take in the island's incredible waterfalls.

Maui is a blend of Oahu and Kauai, offering a wide variety of accommodation options, cultural activities (a luau is a must) and the most swimmable beaches

in the state. The twisty and incredible scenic road to Hana is a must-do stomach turner. Local chefs, using the traditional Mom and Pop surf-side food shacks as their inspiration, are credited for leading the Hawaiian regional food movement.

The Big Island, best known for the active Mauna Kea volcano, is home to Hawaii Volcanoes National Park. The island has little in the way of

sand beaches, but does offer an incredible topography of black lava rock and stunning ocean views. Sport fishermen and golf enthusiasts will enjoy the outdoor activities while those looking to relax with a good cuppa will enjoy the locally grown Kona coffee.

Molokai, with no traffic lights and minimal accommodation, is a step back in time. The island, partially surrounded by a 28-kilometre fringe reef, is a great base for whale watching. Motorized thrill crafts are banned between Dec. 15 and May 15 as the ocean according to one local, "turns into whale soup."

Lanai, a former pineapple plantation, is the smallest of the islands. Apart from two large Four Seasons resorts there is very little on the island. It is the ideal place to come relax and admire the natural beauty. Although visiting all the islands on one trip is too ambitious, Lanai makes a nice two or three day add on.

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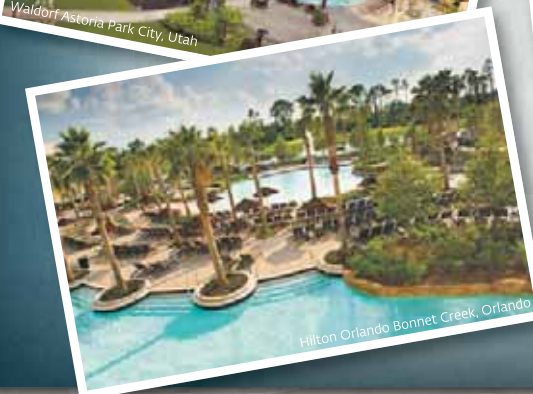
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# You'll be coming round the mountain

## Beaver Creek.

Colorado ski resort has something luxurious for everyone



ANDREW DOBSON  
life@metronews.ca

Beaver Creek, near Avon, Colo., offers a playground for well-to-do couples and families keen on experiencing the crème de la crème in fine dining, resort accommodation and Rocky Mountain alpine adventures.

The resort has 25 lifts and 150 conventional trails. In addition to skiing and snowboarding, Beaver Creek has a dedicated Nordic and snowshoe centre.

Guests have the opportunity to explore 32 km of trails as well as Haymaker Tubing Hill, which offers sliding fun for those three feet and taller. Outfitters in the area also offer snowmobile tours, dog sledding and winter fly fishing.

### Family friendly New Year's Eve

The third Annual NYE Family Fun Carnival is always a big hit with locals and tourists alike. Each year the alfresco party sells out, so be sure to book your tickets early. The event starts with a Torchlight Ski Down at 6:15 p.m. followed by fireworks that blast off in The Village at 6:45 p.m. Guests stay



Beaver Creek features 25 lifts and 150 conventional ski trails. CHRIS MCLENNAN

up until the wee hours of the night with the opportunity to enjoy carnival midway games, interactive inflatable fun, pool tables, foosball, arcade, dancing, a photo booth and two balloon drops.

### The Pines Lodge

Nestled among ancient aspen and pine groves on

the slopes of Beaver Creek Resort, this lodge offers a great view of the Colorado Rockies with handy ski-in/ski-out access.

The 60-room lodge is home to Grouse Mountain Grill — an AAA Four Diamond Award-winning restaurant — outdoor pool, Jacuzzi and fitness centre.

Guest rooms feature rich pine wood, a marble bath area, ski boot heaters, plush bathrobes and RockResorts Spa products.

Condominiums and townhomes are also available and feature one to four bedrooms with spacious living areas, full kitchens, washer and dryers, balconies, soak-

ing tubs and fireplaces.

### Cabin feast

If you're making the trip down to Beaver Creek, check out Beano's Cabin. In the winter guests are picked up in a sleigh and whisked up the mountain to the restaurant's jaw-dropping location.

### Come fly with me!

Air Canada recently announced non-stop winter service from Toronto to Vail/Eagle Airport commencing Dec. 14, which means Ontario-based ski bums now have an opportunity to conquer new North American moguls and mountains this ski season.

The decor is classic Rocky Mountain lore, complete with bear skin hide, antique ski and snow shoes, a deer bust, framed cowboy-loving landscapes and elk antler chandeliers.

The five-course dinner, prepared by executive chef Bill Greenwood, offers exquisite culinary panache on the plate paired with a live band that croons moody Gordon Lightfoot ballads.

### Treat yourself

Those looking for a bit of pampering should book themselves into the Allegria Spa at The Park Hyatt.

Start off your visit at the relaxing Aqua Sanitas, modelled on ancient Roman baths. Guests can indulge in a self-guided water ritual with a thermal pool, caldarium mineral pools, rain shower, caldarium steam room and tepidarium — a warm room heated by an underfloor heating system. From the spa menu, signature treatments include a Ginger Peach Cure and Slumber Massage.



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# Chicken Pot Stickers go from blah to yum with delicious filling



**ROSE REISMAN**  
For more, visit  
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When I go for dim sum, I enjoy pot stickers. But, as with egg rolls, I often find the fillings boring, and tasty only with the dipping sauce. My version of pot stickers has a delicious filling, and they're easy to prepare.

If wontons aren't available, use small egg roll wrappers.

These can be prepared early in the day and kept refrigerated. Cook just before serving.

1. Measure out about 2 tbsp of the Hoisin sauce and set aside.

2. To make the filling: Combine the chicken, garlic, green onion and cilantro in the bowl of a food processor. Add the 2 tbsp of reserved sauce, and pulse on and off until the filling is finely and evenly chopped and everything is well combined.

3. Place 2 tsp of the filling in the centre of each wrapper. Pull the edges up to make a small bundle, pleating and bunching. Press the edges together to seal.

4. In a large nonstick skillet lightly coated with cooking spray, cook the pot stickers, flat side down, over medium high heat for 3 minutes or until they are golden brown on the bottom.

## Chicken Pot Stickers



This recipe makes 28 pieces. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

5. Add the stock and reduce the heat to low. Cover and cook for 2 minutes or until cooked through. Remove from the pan and discard any

remaining stock. Serve with the remaining sauce. Garnish with cilantro. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

## Ingredients

### Sauce

- 1/2 cup Hoisin sauce, divided

### Filling

- 8 oz lean ground chicken
- 1 clove finely chopped garlic
- 1 chopped green onion

- 2 tbsp chopped cilantro
- 28 small wonton wrappers
- 1/2 cup low-sodium beef or chicken stock
- 3 tbsp chopped cilantro



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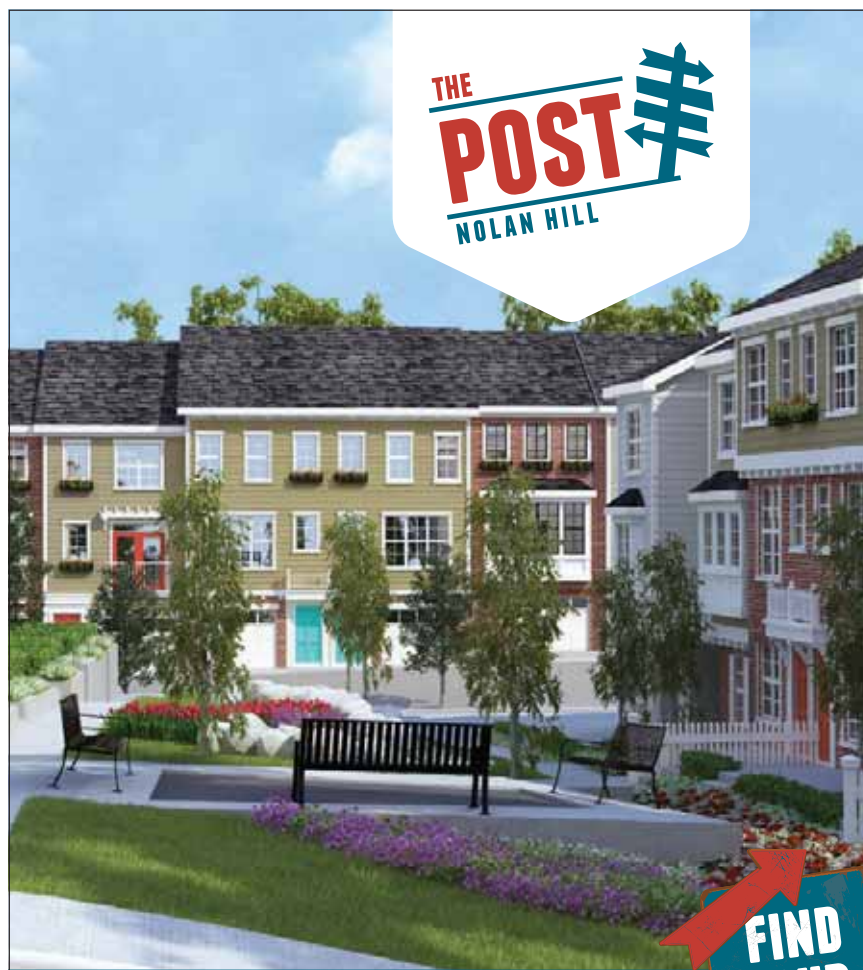
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# PowerPoint personalities: Meet the four faces of a fantastic workforce

**Who do you think you are?** Identifying your personality type can help you focus your career down a path best-suited to you

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In a competitive job market, it's important to show employers that you have what it takes to become a valued member of their team.

Employers look beyond hard skills and experience — they also want to know if your personality type will suit their needs, and will sometimes even conduct personality tests during the hiring process.

So, how can you identify your personality type?

Software Advice CEO, Don Fornes, along with psychiatrist Dr. James Maynard and researcher Holly Regan, found that top-performing employees can be categorized into one of four desirable personality types:



When all four personality types are represented within a company, great outcomes are guaranteed. ISTOCK

The Giver, the Champ, the Matrix Thinker and the Savant.

## The Giver

This employee puts the

needs of others before their own.

They work hard and frequently go above and beyond what is expected of them.

Their pleasant nature and eagerness to please is often appreciated, but they can be prone to burn out because of their tendency to take on extra work and put others first.

Givers are team-players, non-confrontational and conflict-averse.

When Givers are stressed, they tend to suffer silently because they don't want to rock the boat.

They may possess good leadership skills, but usually would rather be in a support role.

Givers can improve their job performance by establishing a clear understanding of work priorities and ex-

## The Savant

This is a team member who is really, really good at what they do.

- They have incredible focus and are determined to become experts in their field. Savants are most successful when working in a field that involves intensive knowledge of a specific topic.

- They are often skilled writers, researchers and engineers. Savants are perfectionists and may have trouble dealing with opposition to their expert opinion. They are often

introverted and suffer social anxiety.

- A workplace Savant should try and integrate with their team. Participating in team projects and activities will help them build a rapport and exercise their social skills.
- Recognizing these personality types in the workplace can help you identify where your contributions provide the most value and targets areas of potential growth.

pectations with team members and managers.

## The Champ

An enthusiastic people-person — many successful salespeople and politicians are in this category.

Champs are driven, confident, motivated and skilled at reading people's emotions. Champs prefer to be independent and strive toward personal success.

They sometimes have difficulty working towards a team or group objective. While Champs believe in themselves and the companies they work for, they can develop an inflated ego and they often have a chip on their shoulder from past hardships.

This can lead Champs to be stubborn and belligerent with management and fellow employees.

Where possible, an office Champ should learn more about other coworkers' responsibilities through teamwork or job shadowing. This will help them develop a sense of perspective.

## The Matrix Thinker

This is a creative employee who often thinks outside the box.

A Matrix Thinker is a clever problem-solver and an innovative connector of ideas. The Matrix Thinker can be a revolutionary, but can also be disorganized, impulsive and easily distracted.

They may have difficulty completing projects on time because of their tendency to constantly jump from idea to idea.

This personality type often has difficulty relating to coworkers. They prefer to work alone so that they can have control over their projects and have difficulty handling criticism.

Matrix Thinkers should push for the time and resources they need to do the innovative work that makes them so valuable — and then deliver results.

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When dealing with email communication it is crucial to conduct yourself in a professional manner.

Everyone has received an email lacking a salutation or sign-off and only a bare attempt at capitalization, grammar or sentence structure. If these habits continue when the sender enters the workforce he or she will find that this unprofessional behaviour can have a significant and negative impact on career prospects.

If you take the time to

### The cleaning of the comp

- **Keep your inbox tidy.** Use electronic folders to archive messages that you may need to refer to in the future. Keep the inbox for current items that you need to deal with. This will help you feel organized and less overwhelmed and stressed.
- **Open an email once.** Don't waste your time by reading an email and then leaving it to sit because you don't feel like answering it only to have to return to the same email later. Have a one-touch policy for each email: open it, answer it and then delete or file it.

write accurate, concise and respectful emails you will be perceived in a better light and will likely receive more positive and helpful responses.

Here are some tips to help you create a professional image and manage your email:

### Compose

When writing emails it is always best to err on the side of formality. Professional emails should include accurate punctuation, capitalization, sentence structure, grammar and spelling.

If you are not sure how to address someone, start with the most formal option like Dear Ms. Smith, then wait for the reply to determine how to address further correspondence.

For professional communication emoticons, abbreviations and slang acronyms like LOL are too informal.

Insert the receiver's address last. This ensures that you do not accidentally send an incomplete email or forget an attachment. This is particularly important when dealing with a sensitive topic. Better yet, if a topic is sensitive, don't send an email; go and talk directly to the person in order to avoid a misreading of your tone or intent.

### Format

Avoid the use of wallpaper or colourful fonts that are distracting and slow down the receiver's ability to process the message.

When it comes to font type and size stick with the basic serif fonts, such as Times New Roman, or sans-serif, such as Arial, in the 10-to-11-point range.

Reread messages before sending. This allows you to check the tone and content of the message from the reader's perspective and enables you

to catch mistyped words — such as god instead of good — that will not be caught by your spell checker. An articulate, concise and accurate email tells others that you are intelligent, professional and detail oriented.

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**If you develop a strategy for effectively managing the emails that you receive, you will waste less time and be responsive, organized and less stressed. ISTOCK**



## Thank you.

On Friday, November 15, we were honoured to welcome National Chief Shawn A-in-chut Atleo of the Assembly of First Nations to celebrate the official opening of the Bow Valley College Iniiikokaan (Buffalo Lodge) Aboriginal Centre. Thank you to the Chiefs of Treaty 7, the Métis Nation of Alberta, the Government of Alberta, as well as Bow Valley College Board of Governors, faculty, staff, and students who shared in our celebration.

Thank you to our generous supporters: Imperial Oil Foundation, MNP, Nexen, RBC Foundation, Suncor Energy Foundation, and Devon Canada.

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# Ticats' Grey Cup run a family affair for Burris



Henry Burris runs the ball during the CFL East final in Toronto. Burris has endured wholesale changes in Hamilton this year, leading his team to this Sunday's Grey Cup in Regina. NATHAN DENETTE/THE CANADIAN PRESS

**CFL.** Ahead of clash with Roughriders, Hamilton QB and clan embracing football folklore

Henry Burris is thrilled to have delivered Hamilton Tiger-Cats fans their first Grey Cup berth since 1999. But now the 38-year-old quarterback can give his youngest son, four-year-old Barron, the opportunity to learn about the Cup's rich history.

"I asked Barron on Thursday night when we were talking, 'Do you know what the Grey Cup is,' and he was like, 'Daddy, no, I don't know what it is,'" Burris said. "When he said that, I almost went to tears."

Barron will be able to experience it all first-hand, thanks in large part to his father. Burris threw for 371 yards and three TDs to rally Hamilton to a wild 36-24 win over the Toronto Argonauts in the East Division final Sunday. The Ticats will face the Saskatchewan Roughriders in the Grey Cup on Sunday in Regina.

Burris's oldest son, Armand, had the chance to experience a Grey Cup in '08 when Burris led the Calgary Stampeders to the CFL championship. But Barron wasn't

yet born, so this will be his first Grey Cup experience.

Forget about the ring or \$16,000 winner's share — seeing his youngest son soak it all in and being there to experience it with him is priceless for Burris.

"They (your family) go through all the sacrifices, being in the stands when people are getting after you saying all types of things about their daddy, this is what it's all about at the end of the day," Burris said after Sunday's win. "I told him (Barron) I wanted to help make his dream come true for him one day and here we are now. This is truly amazing."

Rallying Hamilton from a 24-10 deficit against Toronto also exorcised some demons for Burris, who pounded the ground after his latest win.

Named the CFL's outstanding player in 2010 with Calgary, Burris was replaced as starter the next year and dealt to Hamilton. Although Burris enjoyed the best season of his career in 2012, the Ticats struggled, posting a 6-12 record.

"It just seemed like all the demons of the past four years, what an organization threw at me and all the people have thrown at me, I was just letting them go," Burris said.

THE CANADIAN PRESS

## Memories that last a lifetime

**"It's all about giving your children and family an experience they will never forget."**

Hamilton quarterback Henry Burris, discussing the thrill of victory in the CFL playoffs

## CFL awards

### Sheets named top offensive player of week

Saskatchewan Roughriders running back Kory Sheets is the CFL's offensive player of the week after leading his team to a berth in the Grey Cup.

Sheets had a season-high 28 carries for 177 yards and scored a touchdown to help Saskatchewan defeat Calgary 35-13 in the West Division final.

THE CANADIAN PRESS

## NHL

### Varlamov, Stastny lead Avalanche past Blackhawks

Semyon Varlamov stopped 36 shots, Paul Stastny had a goal and an assist, and the Colorado Avalanche beat the Chicago Blackhawks 5-1 on Tuesday night.

Gabriel Landeskog and John Mitchell also scored during Colorado's three-goal first period. P.A. Parenteau and Cody McLeod added goals in the second and third for Colorado, which snapped a three-game skid.

THE ASSOCIATED PRESS

## NBA

### Heat blast Hawks with huge 3rd Q

Chris Bosh scored 19 points, Mario Chalmers went on a personal 9-0 run in a 39-second spurt of the pivotal third quarter, and the Miami Heat topped the Atlanta Hawks 104-88 on Tuesday night for their fourth straight victory.

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# Cammalleri's time in Calgary short



**THE HOCKEY NEWS**  
Brian Costello  
calgary@metronews.ca

Brendan Shanahan had an interesting anecdote at last week's Hall of Fame induction ceremony when he talked about a pivotal moment in his career while playing with the Hartford Whalers.

Shanny was in his 10th season and Whalers GM Jim Rutherford told him the team was embarking upon a rebuild that would take five years to construct. Rutherford was asking him if he wanted to be dealt to a team with a better chance of winning. Detroit was interested, a deal was made and Shanahan won three Stanley Cups in the next six seasons.

If a conversation like that hasn't taken place between Mike Cammalleri and Flames GM Jay Feaster, it will in the next few months. Cammy is



**Flames forward Mike Cammalleri should be on the block by March's trade deadline.** GETTY IMAGES

31 and a pending UFA with a limited no-trade clause. It's in his and the Flames' best interest that he be dealt before the March 5 deadline.

Cammalleri is off to a hot start after missing seven games with a wrist injury. His nine goals pro-rated over 21 games would be fourth in the NHL.

So what will the Flames get in return in a trade? It depends upon how crafty Feaster gets.

With a reduced cap this

season, many teams are bumping their heads on the salary ceiling. Few contenders can take on what's left of Cammalleri's \$6-million ticket.

Here's where it gets interesting. Teams can hold back 50 per cent of a player's salary when trading him. So if Cammy were to get traded at the 40-game mark, the Flames could eat \$1.5 million of the \$3 million owed him. His new team would only have to spend \$1.5 million.

The deadline is at the 60-game mark. Hold off trading Cammalleri till the final few days and his new team would be charged just \$750,000, assuming Calgary takes on the other half.

If the Flames are willing to do this — Buffalo did it last year in the Jason Pominville trade with huge return from Minnesota — they can maximize what they get back. Both the list of suitors and the return, say a first rounder and a prospect, would increase.

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	20	14	6	0	64	50	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	22	11	9	2	58	47	24
Ottawa	21	8	9	4	60	67	20
Florida	21	5	12	4	46	70	14
Buffalo	23	5	17	1	42	72	11

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	20	7	10	3	52	57	17

#### Tuesday's results

St. Louis 4 Buffalo 1  
Toronto 5 NY Islanders 2  
Philadelphia 5 Ottawa 2  
Nashville 2 Detroit 0  
Boston 2 NY Rangers 1  
Montreal 6 Minnesota 2  
Colorado 5 Chicago 1  
Columbus at Edmonton  
Florida at Vancouver  
Tampa Bay at Los Angeles  
**Monday's results**  
Boston 4 Carolina 1  
Pittsburgh 3 Anaheim 1  
Calgary 5 Winnipeg 4 (SO)

## MLS PLAYOFFS

### CONFERENCE CHAMPIONSHIPS

#### (Two-game series)

#### EASTERN CONFERENCE

##### KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game  
Houston at Kansas City, 7:30 p.m.

#### WESTERN CONFERENCE

##### REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game  
Real Salt Lake at Portland, 9 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	14	4	4	79	66	32
St. Louis	20	14	3	3	70	47	31
Colorado	20	15	5	0	64	42	30
Minnesota	22	13	5	4	57	50	30
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	21	7	11	3	59	79	17
Edmonton	22	5	15	2	53	83	12

**Note:** Two points for a win, one point for overtime loss.

#### Wednesday's games — All Times Eastern

Minnesota at Ottawa, 7:30 p.m.  
Pittsburgh at Washington, 8 p.m.  
New Jersey at Anaheim, 10 p.m.  
Columbus at Calgary, 10 p.m.

#### Thursday's games

St. Louis at Boston, 7 p.m.  
Nashville at Toronto, 7 p.m.  
Buffalo at Philadelphia, 7 p.m.  
Carolina at Detroit, 7:30 p.m.  
Chicago at Winnipeg, 8 p.m.  
NY Rangers at Dallas, 8:30 p.m.  
Colorado at Phoenix, 9 p.m.  
Florida at Edmonton, 9:30 p.m.  
New Jersey at Los Angeles, 10:30 p.m.  
Tampa Bay at San Jose, 10:30 p.m.

## CFL PLAYOFFS

### 101ST GREY CUP

Sunday's game — All Times Eastern  
Hamilton at Saskatchewan, 6 p.m.

#### DIVISION FINALS

##### EAST DIVISION

Sunday's result  
Hamilton 36 Toronto 24

##### WEST DIVISION

Sunday's result  
Saskatchewan 35 Calgary 13

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	8	3	.727	1 1/2
Chicago	6	3	.667	2 1/2
Philadelphia	5	7	.417	5
Atlanta	6	5	.545	3 1/2
Charlotte	5	6	.455	4 1/2
Orlando	4	6	.400	5
Detroit	4	6	.400	5
Toronto	4	7	.364	5 1/2
Cleveland	4	7	.364	5 1/2
Boston	4	8	.333	6
Washington	3	7	.300	6
New York	3	7	.300	6
Brooklyn	3	7	.300	6
Milwaukee	2	7	.222	6 1/2

#### WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	1/2
Golden State	8	3	.727	1 1/2
Oklahoma City	7	3	.700	2
Houston	8	4	.667	2
L.A. Clippers	7	4	.636	2 1/2
Dallas	7	4	.636	2 1/2
Minnesota	7	5	.583	3
Phoenix	5	4	.556	3 1/2
Memphis	6	5	.545	3 1/2
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6 1/2
Utah	1	11	.083	9

#### Tuesday's results

Washington 104 Minnesota 100  
Detroit 92 New York 86  
Miami 104 Atlanta 88  
Houston 109 Boston 85  
Phoenix at Sacramento  
**Wednesday's games — All Times Eastern**  
Indiana at New York, 7 p.m.  
Washington at Cleveland, 7 p.m.  
Brooklyn at Charlotte, 7 p.m.  
Toronto at Philadelphia, 7 p.m.  
Miami at Orlando, 7 p.m.  
Detroit at Atlanta, 7:30 p.m.  
Portland at Milwaukee, 8 p.m.  
Utah at New Orleans, 8 p.m.  
L.A. Clippers at Minnesota, 8 p.m.  
Boston at San Antonio, 8:30 p.m.  
Sacramento at Phoenix, 9 p.m.  
Houston at Dallas, 9:30 p.m.  
Memphis at Golden State, 10:30 p.m.

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# 2014 Honda Accord Hybrid

**Review.** Honda's latest hybrid a refined way to get great fuel economy

MIKE GOETZ  
Drive@metronews.ca

Nothing like a butt kicking to get you motivated. The 2014 Accord Hybrid debuts a completely new and different hybrid system, unlike anything found on the previous and easily forgotten Accord Hybrid (2004-2006) and/or the slow-selling hybrids still in Honda's portfolio—Civic Hybrid and CR-Z.

This 2014 Honda Accord Hybrid is not just great for a hybrid — it's a great car. For one thing, it is based on the new, ninth-generation Accord, just released to near universal acclaim in 2013. So, like all Accords, the Hybrid offers a stylish, slick-handling package, which offers the same great interior space, and comfort of the previous generation, even though it's slightly smaller.

Honda's hybrid rethink created a system where the all-new 2.0-litre gasoline engine (141 hp and 122 pound feet of torque) only drives the vehicle on its own in "highway" scenarios, when it is electronically coupled to a single overdrive gear. Otherwise the engine functions in Hybrid Mode, where it spins a generator, which in turn sends electricity to the electric drive motor and to the Lithium-ion battery pack. Yes, Hybrid Mode makes Accord Hybrid function very much like a Chevrolet Volt. In EV mode the gas engine is shut down, and you get about two kilometres of pure electric driving. Hybrids typically have better city fuel efficiency ratings than their highway

## Compare

- 1 Ford Fusion Hybrid  
base price: \$17,000
- 2 Hyundai Sonata Hybrid  
base price: \$17,700
- 3 Toyota Camry Hybrid  
base price: \$17,700

ratings, because EV mode only comes on in the city. But Accord's gas engine has been designed to run in a fuel-efficiency sweet spot when powering that one highway gear. Net result is a highway fuel efficiency rating, 4.0 l/100 km, which is quite close to its fantastic city rating of 3.7 l/100 km. The combined rating is 3.8 l/100 km — the best among the current crop of mid-size hybrids.

This engine runs on the Atkinson combustion cycle, which most hybrids adopt because it allows for smoother and faster starting (hybrids always ask their gasoline engines to shut down whenever they can, so re-starts need to be smooth). But the Atkinson cycle is not best for ultimate power. So Honda created engine camshafts with two sets of lobes (Atkinson and regular). The engine management system figures out which to use and when. The normal Accord is very quiet on the road. This thing is quiet with cheese.

The Accord Hybrid is actually equipped with a noise-making device for EV mode, to get pedestrian attention. I'm not fond of it, but the high-pitch sound recedes from your attention easily enough when you're not 100 per cent paying attention to it, and you can manually turn it off. The hybrid handles similarly to the Ac-



ABOVE PHOTO CONTRIBUTED

## Battery pack

The 1.3 kW/h lithium-ion battery is located behind the rear seat, and is cooled by drawing in air from the interior. The pack sends electricity to the electric drive motor for pure electric drive (EV mode). The pack gets charged in two ways: when that drive motor goes backwards in "regeneration mode" under braking and coasting conditions, and by the generator spun by new 2.0-litre gasoline engine.

## Electric motor

The Accord doesn't really have a transmission in the conventional sense. The gas engine is only connected to the drive wheels when electronically engaged to one highway gear. The rest of the time the 124 kW electric drive motor with 226 lb-ft of torque is powering the drive wheels. This drive motor is fed by either the battery pack, or by the adjoining generator, which looks like a smaller version of the electric drive motor.

cord sedan, which is to say, admirably. The added weight of the electric-drive hardware was compensated with more aluminum panels and suspension bits, and a special rear suspension.

The Accord Hybrid debuts a new tweak to "regenerative braking," by coming on immediately after the driver takes his or her foot of the accelerator. Normal systems come on only when the brake pedal is activated. This does

affect the "feel" of the coasting, but it's for a good cause.

The other trippy thing is how the gasoline engine effort and sound is not always directly correlated to what the vehicle is doing on the road. But get used to that, and the hybrid rewards with a smooth and serene driving experience. The three driving modes come and go as they please, in a very seamless fashion. If you need lots of cargo space, make sure

you can live with the Hybrid's smaller trunk. The only other caveat might be price. The Accord is priced at a slight premium over the other mid-size hybrid competitors. While the base model goes for \$29,590, the \$35,690 Touring model is where you get navigation and the newer convenience and safety features. But either model is an entry into one of the most advanced hybrid and fuel-efficiency technologies currently on the market.

5 DRIVE

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GT model with Technology Package shown.



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## Finders key-pers

Most of us will occasionally misplace our car keys, always when we're looking for them, and usually when we had to be someplace five minutes ago. Now you can virtually eliminate these frustrating occurrences with the Click 'n Dig finder. This item consists of an electronic transmitter and up to six colour-coded receivers that you attach to each keychain, which should be enough for the entire household's worth of vehicles. The manufacturer states the system's radio frequencies have a range of up to 60 feet (18.5 metres) and can penetrate through most walls and ceilings. When activated, each receiver's light flashes and emits a loud 90-decibel beeping noise. Click 'n Dig sells for \$28 US for two-receiver version, \$33 for four receivers and \$50 for the six-receiver unit. Go to [clickndig.com](http://clickndig.com).



## Along for the ride

Back in the early days of open-air travel by motorcar, a blanket was a necessity for staying warm, or it was used as a picnic accessory. That tradition continued through most of the 20th century and is still a good idea today. Pendleton is one of the more iconic blanket makers in existence (the company opened its first woolen mill in Oregon back in 1889) and one of its more popular items remains the Motor Robe. The 100-per-cent virgin-wool product is available in eight different patterns and includes a leather carrying strap (another Pendleton classic). The blanket itself measures 52x66 inches (132x167 centimetres), not including the 3.5-inch (nine-centimetre) fringe. You can order the Motor Robe with strap for \$98 US from [pendletonusa.com](http://pendletonusa.com).



## Great for new drivers

Most of us fondly remember the day we passed our drivers tests and earned our licence. It's definitely a major event in anyone's life and a stepping stone to living independently. In celebration of the occasion, Pam and Alan's Kits for Living company has created a special package for new drivers. Included in each nylon pouch is a "Relax! I'll drive" travel mug, tire gauge, "no cell phone" drawstring bag, handy flashlight, a fuzzy dice key chain plus an instruction card. Each kit costs \$25 US and is available from resellers including [uncommon-goods.com](http://uncommon-goods.com).



## Racing on salt

For more than 100 years, racers have been flocking to Utah's Bonneville Salt Flats to attempt land-speed records in a variety of vehicle and motorcycle classes. Photographer and author Peter Vincent has chronicled these tests of driver and machine for many years and has compiled a book entitled *The Bonneville Salt Flats*. His 272-page coffee-table-style tome focuses on the geography of the region (it's protected by the U.S. Bureau of Land Management) as well as the cars and the drivers who each year come down with a case of salt fever. If you're a fan of Salt Flats racing, or are curious to learn more about the Bonneville experience, Vincent's \$85 US book might be for you. Check it out at [stanceandspeed.com](http://stanceandspeed.com).



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AMVIC LICENSEES



# Beautiful oxymoron that is the big Mini

**Latest model.** From tiny, ground-breaking beginnings the lovable small car has grown over time but it still has people transfixed



**AUTO PILOT**  
Mike Goetz  
drive@metronews.ca

The new-generation Mini just introduced this week at its production facility in Oxford, England, is the biggest Mini ever.

Yes, this is the era of the big Mini, and yes, it sounds oxymoron-ish, but what are you going to do? People like the Mini, they just don't want them actually "mini" anymore.

The design challenge for the original Mini was to make the smallest possible car that would still accommodate four adults and luggage. Designer Alex Issigonis struck upon the idea of using very small 10-inch wheels, all independent suspension, a transverse mounted engine driving the

front wheels, and a gearbox and final drive built into the sump of the engine. So compact; so clever!

When it came to fruition, way back in 1959, it basically changed the course of automobile design. It was cheap, practical, roomy for its size, fuel efficient, could turn corners with the best of them, fun to drive, and looked distinctive and cool.

Over 5.2 million examples and variants, under various company names and nameplates, were eventually built and bought. When the last century came to an end, the Ford Model T was named "car of the century," but Mini was not far off the Model T's rear bumper, and was named second most important car of the last 100 years. The template of a transverse-mounted engine and front-wheel drive is still the most predominant way to build a passenger car.

Mini's modern re-boot began in 2001, when the first Mini built under BMW ownership and stewardship hit the market. And you have to admire the way BMW has guided the icon forward.

The Mini unveiled this week is the "third" Mini by BMW and it closely follows

the formula of the previous redesign: Modernize and make it slightly bigger, but not so much anyone would notice by looking at in isolation. Leave the styling and iconic shape pretty much alone, because, well, everyone is good with it, and there's a chance you could screw things up.

This new Mini, on sale first in Europe and by spring here, is the first vehicle util-

izing BMW's new front-wheel drive platform (called UKL), which is also destined for the next BMW 1 Series. The biggest difference over the previous platform is the increased wheelbase (now 2,495 mm) and lighter weight through more use of high-strength steel.

Those two items alone should make Mini a better performer, but BMW prom-

ises lots of other goodies, including three new twin-turbocharged engines: the 136-hp 1.5-litre "three cylinder"; the 192-hp 2.0-litre "four cylinder"; and a 116-hp 1.5-litre "three-cylinder" diesel (no word on that diesel coming here).

Interesting new technologies include optional LED headlights, a permanently installed SIM card, electric

steering, head-up display, camera-based cruise control and automatic braking if a collision is imminent.

This Mini is only about half a metre longer than the original one, but lots taller and wider. Apparently cargo capacity with the rear seats down is now more than 1,000 litres. Sounds like hot-tub territory to me, and for a Mini, a little big.



The old school was very popular for its practicality and character. BOTH IMAGES BMW



The new school has the character and all-round performance too.

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# Traffic circles are a roundabout way to safety

**Driving force.** More popular in Europe, the circular one-way street is slowly creeping into Canada's infrastructure

JIL  
MCINTOSH  
drive@metronews.ca

While they've always been common overseas, roundabouts are rare in Canada, but more municipalities are starting to use them.

Also known as traffic circles, they keep vehicles moving smoothly and help eliminate "T-bone" collisions, which can be among the deadliest of crashes.

"They're forgiving in their design, and they're

good for the environment," says Cam Woolley, traffic and safety specialist for CP24. "They're so different from what we're used to experiencing."

Traffic moves counter-clockwise in the roundabout, and drivers enter on their left side, "the same as if you were merging onto a highway ramp," Woolley says. Your entrance to the

circle will be marked with a yield sign.

As you approach, look to see where vehicles are in the circle, including cars that are approaching it and will also be entering. Although you'll be primarily looking to your left for oncoming traffic, always turn your head to the right, to make sure there aren't any pedestrians crossing in



Roundabouts can be a great addition to Canadian roads. BOTH IMAGES JIL MCINTOSH

front of you.

Traffic already in the circle has the right-of-way, and you must stop at the yield sign until the lane is clear. If there's no oncoming traffic, and it's safe to do so, you can enter without stopping first.

"At times, there may be three or four cars in the circle, with others entering," Woolley says. "Some people think that only one person is allowed inside (at a time) and they'll wait for that car to leave, but it's not the same as a four-way stop."

Once you're in the circle, continue driving counter-clockwise (to your left)

## Beneficial

"They're forgiving in their design, and they're good for the environment."

Cam Woolley, traffic and safety specialist for CP24

until you reach your exit. On larger roundabouts, there will be a sign as you approach that indicates the streets on the circle, so you'll know in advance which exit is yours. You're required by law to use your turn signal when you enter and before you exit — turn it on as soon as you pass the last exit before yours — to let other drivers know your intention.

Unless you're braking to avoid a collision, never stop when you're in the roundabout. If you miss your exit, just continue around the circle until you come to it again. "You can stay in the circle as long as you want, but you can't reverse," Woolley says. "They're basically a one-way street in a circle."

## Follow the rules

- At a four-way stop, the first driver to arrive is the first to proceed. If two or more drivers stop at the same time, the right-of-way goes to the vehicle on the right.

- Any time you're turning, especially turning right at a light or stop sign, never move your vehicle until you've checked both ways for pedestrians.



Exit with caution and remember to always signal. JIL MCINTOSH

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## Horoscopes

### Aries

March 21 - April 20

Some people achieve so much they lose touch with reality, but that's not something you have to worry about. Keep your feet planted firmly on the ground this week, and you'll accomplish more than anyone.

### Taurus

April 21 - May 21

Make sure the needs of loved ones are taken care of today, no matter how mundane. You may wish you were doing something more interesting but people are counting on you and you can't let them down.

### Gemini

May 22 - June 21

However vague your ambitions may have been in recent months you now know what it is you want and how to go about getting it. Your rivals will try to block your path but they won't succeed.

### Cancer

June 22 - July 23

There is a possibility you will waste money on things you don't need over the next 24 hours. But, if it makes you feel good about yourself, maybe it's not a problem. It's only money.

### Leo

July 24 - Aug. 23

You will be touchy today, and for no apparent reason. Perhaps it's good you get the bad stuff out of your system now, as later in the week you will have to work closely with people.

### Virgo

Aug. 24 - Sept. 23

You may feel vulnerable but try not to withdraw from the world completely. There are still things that need to be done that cannot be done on your own. Try smiling, it helps.

### Libra

Sept. 24 - Oct. 23

Someone in a position of power will ask you to take on extra chores today but make sure they define exactly what is expected of you, and make sure you define your limits.

### Scorpio

Oct. 24 - Nov. 22

A change of direction may be called for but there is no need to go to extremes. The planets indicate a minor adjustment will be enough to put you back on the path to success.

### Sagittarius

Nov. 23 - Dec. 21

You will be on the move today or tomorrow but if you want your journey to be enjoyable, you should plan before you leave. If you leave things to chance, there's no telling where you might end up.

### Capricorn

Dec. 22 - Jan. 20

You cannot afford to make decisions about money matters at the moment. The more others push you to move one way or the other, the more you must insist on staying right where you are. There's really no rush.

### Aquarius

Jan. 21 - Feb. 19

You may have to give up something you enjoy to please others today, but it will be a sacrifice worth making. In the long-term the more loved ones are happy with life, the more you will be happy with life.

### Pisces

Feb. 20 - March 20

Your big idea is almost ready to go public with but if you are smart you will go over it one more time, just in case there is something you have missed.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Ratite bird
4. Bottle type
9. Norwegian dramatist Henrik
14. Poetic contraction
15. League: French
16. Hoity-\_\_\_
17. Declares
19. "Sharp Dressed Man" band
20. Calgary Flames mascot: 3 wds.
22. Aspiration
23. Battery size
24. Show who's boss: 2 wds.
29. As per #44-Down, pre-video's bottom right corner button after a few seconds: 2 wds.
34. Fit Fiddle link: 2 wds.
35. Like plays, pre-audition
37. Great \_\_\_ (Dog breed)
38. Guelph-born actress Ms. Campbell's
40. Black Eyed Peas member, \_\_\_de.ap
41. "Kung Fu \_\_\_" (2008)
42. Welsh actor Mr. Gruffudd
43. Produce Dept.: Mango's neighbour
45. Flub
46. Iconic symbol since 1960, created by Toronto-born graphic designer Allan Fleming: acr. + wd.

48. Biblical 12
50. The Who's "Love, Reign \_\_\_ Me"
52. Theatre's Ms. Hagen
53. Polar Bear, scientific-style: 2 wds.
61. 'Click' dance again
62. Briefcase contents
64. Taper off
65. Sun-dried brick
66. Deer's mom

67. Shirt's info spot
68. Moviedom's Ms. Russo's
69. Choose

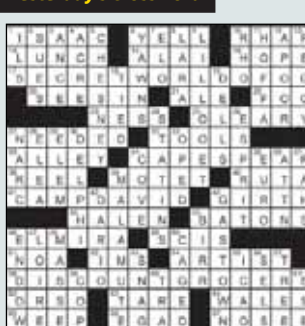
### Down

1. H, in ancient Greece
2. Ho Chi \_\_\_ City
3. Forearm bone
4. People line up for shots to avoid it: 2

5. "Wichita \_\_\_": 1968 country hit
6. 'A' in CIA, for short
7. Cooking fat
8. Singer of "Tik Tok"
9. Violinist Mr. Perlman
10. Classic television clown
11. What vision correction surgery LASIK

- stands for, Laser in \_\_\_
- Keratomileusis
12. Collar type
13. Big Apple force [acronym]
18. \_\_\_ history
21. Cardinal point
24. Janet \_\_\_, Brockville-born singer/songwriter
25. Apply to: 2 wds.
26. City in Quebec

## Yesterday's Crossword

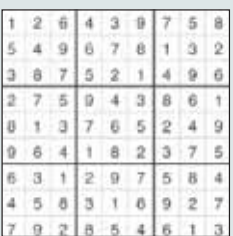


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: -11°  
MIN: -19°

### THURSDAY



MAX: -7°  
MIN: -14°

### FRIDAY



MAX: -12°  
MIN: -13°



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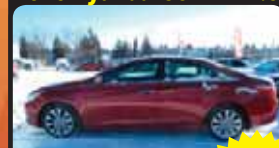
B3357 • 54,000 KM  
**BLOWOUT! \$13,998**

**2010 Buick LACROSSE CX**



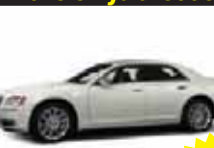
131211A • 55,260 km  
**BLOWOUT! \$16,998**

**2010 Hyundai SONATA 2.0**



14T139A • 12,500 KM  
**BLOWOUT! \$23,998**

**2013 Chrysler 300C**



14J047A • 10,000 KM  
**BLOWOUT! \$33,998**

**2008 Dodge NITRO RT 4x4**



13J345A • 100,085 KM  
**BLOWOUT! \$14,998**

**2012 Jeep COMPASS 4WD**



B3334 • 49,500 KM  
**BLOWOUT! \$20,998**

**2011 Jeep WRANGLER**



14T130A • 98,808 KM  
**TRICKED OUT! \$25,998**

**2011 Jeep GR. CHEROKEE**



14J155A • 56,000 KM  
**V6 LAREDO \$30,998**

**2011 Jeep WRANGLER**



B3306 • 52,600 KM  
**4DR! LOADED! \$32,998**

**2006 Dodge CARAVAN**



B3125B • 126,000 km  
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**2010 Dodge GR. CARAVAN**



B2414C • 88,060 KM  
**BLOWOUT! \$15,998**

**2011 Dodge GR. CARAVAN**



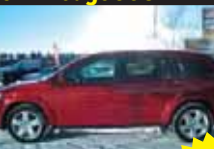
13T187A • 34,000 KM  
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